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Man in the Mirror: A man finding himself as he loses himself to Alzheimer's

Zoe Murdock

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What goes on in the mind of a person as they succumb to Alzheimer's disease? Man in the Mirror is a novel about a man succumbing to Alzheimer's, but it is so much more than that—it's the story of a man's life. Aaron Young seems to be a simple working man, but as the disease begins to take away his short-term memory, the memories from his more distant past grow strong and his complexity is revealed. More than anything, he wants to be free and live his life in a natural way, like he imagined it would be when he was young. If only he could recapture the deep significance of his experience in India during World War II when he flew on dangerous missions "over the hump" from India to China. Even with the war going on, it was the only time in his life when he felt free and at peace with himself. Although Aaron is surrounded by those who love him and want to take care of him, whenever he gets the chance, he takes off to the red rock desert of southern Utah where life is simple, and he doesn't have to worry about someone caging him in.

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