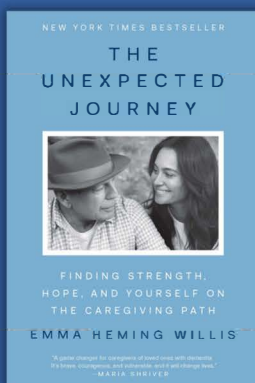


NEW YORK TIMES BESTSELLER

# THE UNEXPECTED JOURNEY

EMMA HEMING WILLIS



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## About the Book

When my husband, Bruce, was diagnosed with frontotemporal dementia (FTD), I walked out of the doctor's office with nothing but a pamphlet—and a crushing sense of fear and uncertainty. With no hope or direction, I longed for someone to tell me, "This feels unbearable now, but you will get through it." That's why I wrote *The Unexpected Journey*—the book I wish someone had placed in my hands that day. This isn't a guide on how to be a caregiver; it's about how to care for yourself while doing one of the hardest, most heartbreaking jobs in the world. Through my own experience and insights from leading experts, I hope to help other care partners feel less isolated, better prepared, and empowered to navigate this journey with strength and support.



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## About the Author

Emma Heming Willis is a mother, step-mother, wife, advocate, and co-founder of Make Time Wellness, a brand devoted to women's brain health. After her husband, Bruce Willis, was diagnosed with frontotemporal dementia, she became a passionate voice for care partners and families navigating neurodegenerative disease. Through her storytelling and advocacy, Emma hopes to help others feel less alone on the caregiving journey. This is her first book.

## How to Support The Unexpected Journey

- Order a copy for yourself and/or a care partner using the QR code on the left
- Attend or stream a live event
- Post and repost resources for care partners
- Take any step, even just one, to care for yourself
- Make time for yourself
- Follow Emma!



order the book! ↗



[www.emmahemingwillis.com](http://www.emmahemingwillis.com)