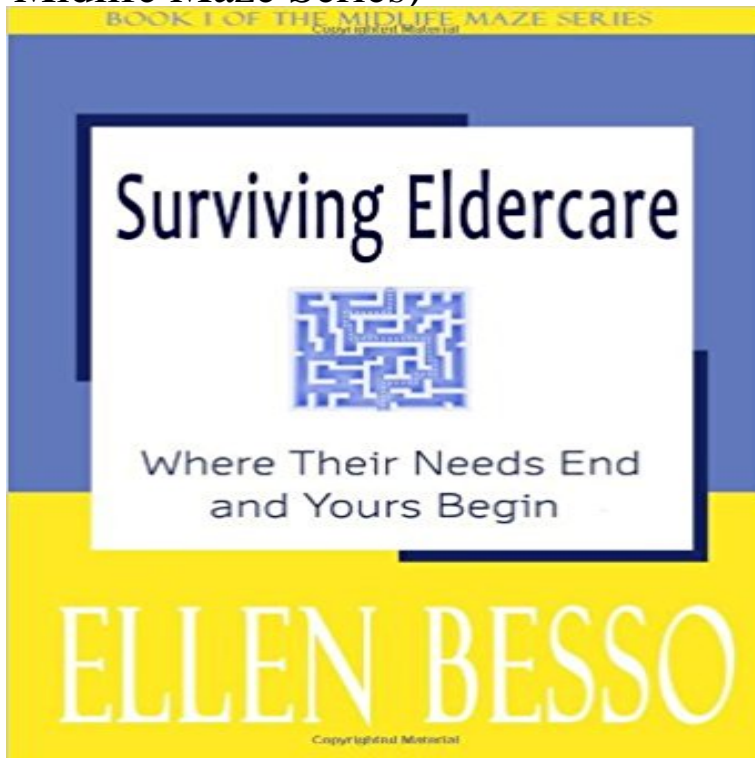


Surviving Eldercare: Where Their Needs End and Yours Begin (The Midlife Maze Series)



Surviving Eldercare: Where Their Needs End and Yours Begin is for all women who are caregivers for an elderly parent or relative. It provides a body-mind-spirit approach to caregiving and is written in a style that will strengthen and guide the reader while on their caregiving journey.

Many often ignored topics such as daughter-parent dynamics; the powerful feelings such as anger and the stress of caregiving while in menopause are covered in depth. Surviving Eldercare is also the personal story of the author Ellen Besso; a counselor and coach who is the caregiver for her mother who has Alzheimers. This is not a book of practical how-tos, although you will find useful tips in it. It is a book about change. As the author writes in the introduction Its about digging a little deeper into yourself... questioning... asking yourself if you are happy with the choices youre making in your life... if youre doing what you love to do. You may be familiar with some of the ideas mentioned, but good things bear repeating. Weve all heard that we need to hear things many times before they really sink in. Surviving Eldercare: Where Their Needs End and Yours Begin will help women to look at their physical, emotional, mental and spiritual needs from every aspect of their life...in the workplace, in relationships with others and most importantly, in the relationship with ones self. The book encourages the reader to question their beliefs; and to change the thinking and learned habits that are often associated with a woman being a midlife

caregiver. Each chapter of this book talks about a different aspect of life as a MidLife Caregiver. The accompanying complementary Exercise Booklet will help you identify your needs as a caregiver.

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