

## Book Suggestions for Caregivers

*Caregiver Helpbook* by Legacy Caregiver Services (also in Spanish)

*Caregiving 101* by Donna Trickett

*A Caregiver's Journey* by Karen L. Twichell

*A Bittersweet Season: Caring for your Aging Parents and Ourselves* by Jane Gross

*Caring for your Aging Parent* by Raeann Burman, Bernard Shulman M.D.

*They're Your Parents Too! How Siblings Can Survive Their Parents Aging Without Driving Each Other Crazy* by Francene Russo

*I'll Take Care of You: A Practical Guide for Family Caregivers* by Joseph A. Ilardo, Carole R. Rothman

*Caregiving: The Spiritual Journey of Love, Loss and Renewal* by Beth Witrogen McLeod

*Alzheimer Caregiving: Lessons from a Surviving Spouse* by Richard J. Farrell

*Alzheimer Diary a Wife's Journal* by Michelle Montgomery

*The 36-Hour Day* by Nancy L. Mace M.A., Peter V. Rabins M.D. M.P. H.

*The Magic of Humor in Caregiving* by James R. Sherman

*Chicken Soup for the Caregiver's Soul* by Jack Canfield, Mark Victor Hansen, LeAnn Thieman L.P.N., Rosalyn Carter

*Helping Yourself Help Others* by Rosalyn Carter, Susan Golant M.A.

*Ambiguous Loss* by Pauline Boss

*Take Comfort, Reflections of Hope for Caregivers* by Denise M. Brown

*Take Comfort, Too Reflections of Hope for Caregivers* by Denise M. Brown

*A Dignified Life* by Virginia Bell M.S.W., David Troxel M.P.H.

*Counting on Kindness* by Wendy Lustbader

*When Life Becomes Precious* by Elise Babcock

*Another Country* by Mary Pipher, Ph.D

*No Death no Fear: Comforting Wisdom for Life* by Thich Nhat Hanh