



# **To Survive Caregiving: A Daughter's Experience, A Doctor's Advice on Finding Hope, Help and Health**

*Md, Facp, Agsf, Cheryl E Woodson*

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# To Survive Caregiving: A Daughter's Experience, A Doctor's Advice on Finding Hope, Help and Health

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How does a doctor cope when she specializes in older adults and struggles to care for her own ailing parent? Dr. Woodson shares her experience as daughter and geriatrician in this new resource for family caregivers. The book shoots from the hip and from the heart, using everyday language, real caregiver stories, compassion and humor to bring practical information to overwhelmed caregivers. Although it focuses on eldercare, the book helps with caregiving for any age, or any illness. This guide encourages caregivers to protect their own health, finances and relationships while they make the tough decisions and give great care.

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