



Strength for the Sandwich Generation Help to Thrive While Simultaneously Caring for Our Kids and Our Aging Parents

By Kristine Bertini

Praeger. Hardcover. Condition: New. 144 pages. Dimensions: 9.3in. x 6.2in. x 0.8in. Multigenerational caregiving has become a prevalent phenomenon in the generation of Baby Boomers. Nurturing children as they rapidly evolve and grow as individuals while simultaneously assisting elderly parents to live with and then exit life with dignity and respect can be a trying experience. The good news: there can be great joy in this capacity as well. *Strength for the Sandwich Generation: Help to Thrive While Simultaneously Caring for Our Kids and Our Aging Parents* and *Let's* addresses the multiple complexities that arise for the millions of middle-aged adults caring for both their children and their elders, providing the caregiver with resources and information that include strategies for caring for the self, children, and elders; handling financial strain; and addressing moral and ethical dilemmas. A licensed clinical psychologist, author Kristine Bertini shows midlife readers how to balance their demanding and multiple roles while also making meaning and finding genuine happiness in their complex world. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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