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Growing Up As She Grows Old



Synopsis

Family care giving is almost by its very nature stressful; no bit of advice you might receive can magically turn it into a relaxing experience. But having some essential information can help you to support your elder while you simultaneously tend to your own needs. And that is exactly what this book is designed to provide.

About The Author

As is the case with virtually all of us these days, Harriet Tramer has traveled along several different paths during her working life. She has been an instructor at Cleveland State University as well as at the New School. And she has long worked as a journalist. Currently, she hosts "Aging Without Wrinkles" which is broadcasted over Artist First internet radio. This show features guests who have found means of easing their way through myriad challenges.

Book Information

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Customer Reviews

informative, easy to read, great help for caring for the elderly

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