



Care, Grieve, Grow: Caring For Your Aging Parents While Caring for Yourself

Karen Fazio MSG

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Many in the baby boomer generation face the challenge of caring for their aging parents. Author Karen Fazio, MSG, combines her professional experience in the eldercare and wellness fields with that of caring for her own parents to serve as an empathetic tour guide in *Care, Grieve, Grow: Caring for Your Aging Parents While Caring for Yourself*.

Fazio shares personal stories throughout the book as they relate to aging issues such as declining health, care planning, and senior-living options. She offers holistic methods for coping with the stress that comes with having to make decisions for parents during their elder years. In addition, she helps readers prepare emotionally for the loss of a parent while showing how this process can bring about a better understanding of who they are and what their purpose is in life.

Those who find Gail Sheehy's *Passages in Caregiving: Turning Chaos into Confidence* and Paul Hogan's *Stages of Senior Care: Your Step-by-Step Guide to Making the Best Decisions* helpful will appreciate this more personal complement to their work.

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Emily Higginbotham:

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