



Caregiving: The Spiritual Journey of Love, Loss, and Renewal

Beth Witrogen McLeod

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Helping your family and loved ones when they need you most

"Caregiving has a big heart-on a much-needed topic. A rare book of spiritual and practical wisdom."

—Sue Bender, author of *Plain and Simple* and *Everyday Sacred*

"A poignant, wise, and in-the-trenches view of caregiving that is both practical and spiritual, especially of value to midlife adults."

—Jean Shinoda Bolen, M.D., author of *Goddesses in Everywoman* and *Close to the Bone*

"Lovely. . . . Beth McLeod's experience and wisdom shine through as she shares her heartfelt journey of loss, surrender, hope, and healing."

—David Simon, M.D. medical director, the Chopra Center for Well Being, author of *Vital Energy* and *Return to Wholeness*

Sooner or later it will touch us all: A family member or loved one becomes ill or disabled, and we step in to help. This is caregiving, and in this powerful, unique book, prizewinning writer and advocate Beth Witrogen McLeod leads us through the caregiving journey with unflinching authority and compassion. Framed by the author's personal odyssey as a caregiver and richly informed by the inspiring and poignant tales of others, *Caregiving* explores medical and financial problems, all aspects of spirituality, and such issues as depression, stress, housing, home care, and end-of-life concerns. A rare blend of powerful storytelling and practical information, *Caregiving* is a revelation.

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Donna Young:

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