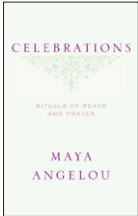




10 TITLES TO CHALLENGE OUR THINKING ABOUT FAMILY CAREGIVING

Positive, caring relationships offer protective benefits across the lifespan. In times of unexpected transition or health crisis, our lens may shift from caring about family to becoming a family caregiver. Through poetry, short story, fiction, memoir, and meditation, the books below challenge popular perceptions about caregiving and remind us that caring is a mutual journey that can be creative, uplifting, and transformative. Find these books, and others like them, at your local library, local bookstore, or online.

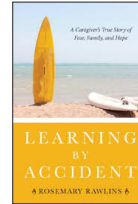


CELEBRATIONS: RITUALS OF PEACE AND PRAYER

(Random House)

by Maya Angelou

A collection of energizing, timeless poems about celebrations that shape and give meaning to public and family life.

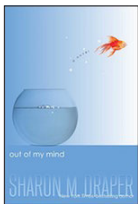


LEARNING BY ACCIDENT: A CAREGIVER'S TRUE STORY OF FEAR, FAMILY, AND HOPE

(Skyhorse Publishing)

by Rosemary Rawlins

An inspirational memoir about learning and growing through adversity, as Rosemary's husband suffers a severe traumatic brain injury after a car accident and, as a result, their roles in the family change dramatically.



OUT OF MY MIND

(Atheneum Books for Young Readers)

by Sharon Draper

Possessing a photographic memory despite an inability to walk or speak, Melody is mistaken as mentally challenged by those who cannot see beyond her cerebral palsy, impelling her to discover a way to communicate. A novel written in tribute to family caregivers of children with disabilities.

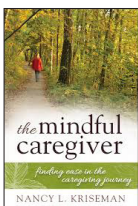


MEMORY BOARD

(Blake House Books)

by Jane Rule

A tender, poignant novel that explores love and memory loss, as Diana seeks to provide end-of-life care for her long-time partner, Constance, out of the intrusive eye of her brother, David.

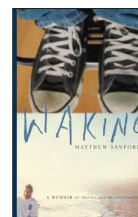


THE MINDFUL CAREGIVER: FINDING EASE IN THE CAREGIVING JOURNEY

(Rowman & Littlefield)

by Nancy L. Kriseman

A practical, powerful guide to communicating, listening, and tending to the spirit of self and honoring the essence of family members.

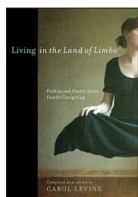


WAKING: A MEMOIR OF TRAUMA AND TRANSCENDENCE

(Rodale)

by Matthew Sanford

After a fatal accident that claimed the lives of his father and sister, Matt is left paralyzed from the chest down. To rebuild his life he must reject his traditional beliefs, connect with the people around him, and find purpose in the expanse between mind and body.



LIVING IN THE LAND OF LIMBO: FICTION AND POETRY ABOUT FAMILY CAREGIVING

(Vanderbilt University Press)

by Carol Levine, editor

Through poetry and short stories, caregivers share their experiences with candor and courage in this first anthology of its kind.

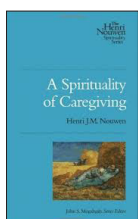


BEFORE I FORGET: LOVE, HOPE, HELP AND ACCEPTANCE IN OUR FIGHT AGAINST ALZHEIMER'S

(Harmony)

by B. Smith, Dan Gasby, and Michael Shnayerson

A memoir and portrait of early onset Alzheimer's Disease, told by a husband and wife who find their way by the light of family, life, and hope.

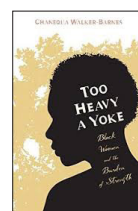


A SPIRITUALITY OF CAREGIVING

(Upper Room)

by Henri J.M. Nouwen, John Mogabgab, editor

Meditations on spiritual growth, intimacy, and the epiphany that caregiving is a relationship where both parties receive and give by equal measure.



TOO HEAVY A YOKE: BLACK WOMEN AND THE BURDEN OF STRENGTH

(Cascade Books)

by Chanequa Walker-Barnes

Examined from a pastoral perspective, this book deconstructs the archetype of the StrongBlackWoman as a beacon of emotional strength, caregiving, and independence and offers a model of relating to self and others that is rooted in interdependence and mutuality.