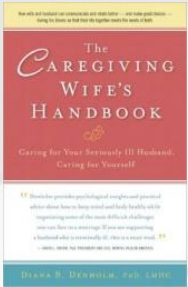


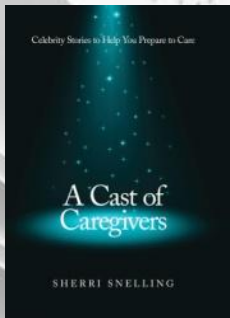
Booklovers List: Spousal Caregivers



The Caregiving Wife's Handbook

Dr. Diane Denholm
Hunter House (2012)

A wife who spent most of her marriage as a caregiver for a husband with cancer and congestive heart failure, this book provides practical tips on how to deal with the range of emotions of spousal caregiving.



A Cast of Caregivers – Celebrity Stories to Help You Prepare to Care

Sherri Snelling
Balboa Press, division of Hay House Publishers (2013)

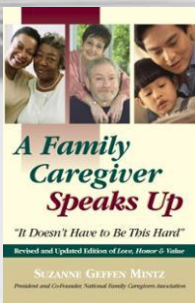
Celebrity caregiving stories of caring for a spouse including Sylvia Mackey, Alan & David Osmond, the book also offers the “what to expect when you’re caregiving” sourcebook and a guide to self-care while caregiving.



Family Meals – Coming Together to Care for an Aging Parent

Michael Tucker
Atlantic Monthly Press (2009)

A poignantly humorous look from actor Michael Tucker on how a marriage and family can survive and thrive as he tells the tale of caring for wife Jill Eikenberry's mother with dementia.

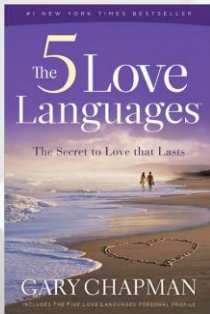


A Family Caregiver Speaks Up: It Doesn't Have to Be This Hard

Suzanne Mintz
Capital Books (2008)

Co-founder of the National Family Caregivers Association (now the Caregiver Action Network), Mintz talks about caring for a husband with progressive multiple sclerosis and the need to self-identify as a caregiver to get the help you need.

Booklovers List: Spousal Caregivers

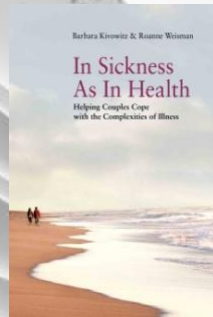


The Five Love Languages: The Secret to Love That Lasts

Gary D. Chapman

Northfield Publishing (2009)

An insightful look at how we communicate and interpret “love” differently. Is it physical touch, tokens of affection, acts of kindness, quality time or words of encouragement? Helps caregivers better understand the needs of their loved one while caring for them.



In Sickness and In Health

Barbara Kivowitz and Roanne Weisman

Roundtree Press (2013)

Provocative look into the tough challenges of having an ill spouse and how to cope as a caregiver.

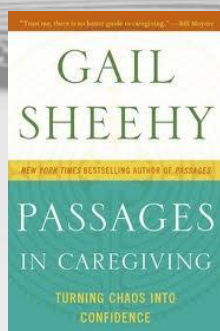


I Still Do – Loving and Living with Alzheimer's

Judith Fox

powerhouse Books (2009)

A beautiful photo book which also captures the emotional spectrum in images and words about spousal caregiving for those with dementia.



Passages in Caregiving – Turning Chaos Into Confidence

Gail Sheehy

William Morrow (2010)

Our social anthropologist and best-selling author writes about her personal caregiving journey for her husband who battled cancer and leads us through the emotional caregiving passages of a fragmented health care world. She especially emphasizes the important role of palliative care and hospice for both patients and caregivers.

Booklovers List: Spousal Caregivers

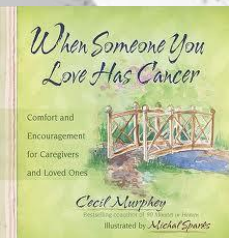


The Tough and Tender Caregiver – A Handbook for the Well Spouse

Rhonda Travland, MS and David Travland, PhD

Booksurge Publishing (2009)

An upbeat book that encourages as much as educates about being the best caregiver for a spouse by caring for yourself first. As the authors state, "Caregiving does not have to be a death sentence."

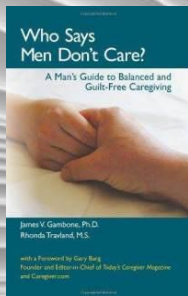


When Someone You Love Has Cancer: Comfort and Encouragement for Caregivers and Loved Ones

By Cecil Murphy

Harvest House Publishing (2009)

A comforting, encouraging book for caregivers of those with cancer.

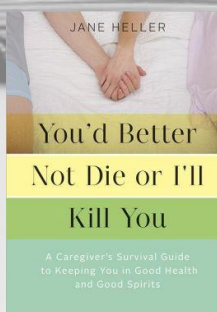


Who Says Men Don't Care? A Man's Guide to Balances and Guilt-Free Caregiving

James V. Gambone, PhD and Rhonda Travland, MS

CreateSpace Publishing (2011)

Finally a book that focuses on 1/3 of all caregivers – Men! Offering four profiles of how men address caregiving, this is a unique perspective written for men but helpful to all readers to understand how we approach caregiving differently.



You'd Better Not Die or I'll Kill You

Jane Heller

Chronicle Books (2012)

Caring for an ill spouse is not easy but Heller chronicles the humorous side of caring for her husband and in the process becomes a caregiving Nora Ephron.