



# Taking Care of Barbara: A Journey Through Life and Alzheimer's and 29 Insights for Caregivers

*Bonnie McGovern*

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## **Taking Care of Barbara: A Journey Through Life and Alzheimer's and 29 Insights for Caregivers**

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Taking Care of Barbara is an inspirational resource book for anyone living in the world of Alzheimer's. There are clear and concise caregiver tips and references in dealing with the everyday struggles that come with the progression of the disease. What a gift to know and be able to anticipate the needs of our loved one when they may not be able to communicate them. Most importantly, this book is a celebration of family and the relationship between the caregiver and the patient. It lifts the caregiver above the everyday struggles and reminds us of where to find the strength and joy in the frequent frustrations of the day. It inspires us to love beyond the external happenings and shows us there lies a deeper and greater gain that will enrich our spirit. The world of Alzheimer's may feel overwhelming, but this book encourages caregivers to get out of bed, put their feet on the floor and face the day with renewed strength and purpose.-Kelly Cason Hunter, Hospice Volunteer, Pediatric Nurse

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