ABOUT THE BOOK

As our population ages, more and more people will find themselves in caregiver roles for their parents and/or their spouses. *The Mindful Caregiver* provides a wealth of information, ideas and case examples of how caregivers can take care of themselves and become “mindful caregivers.” It instructs readers in mindfulness, and the spiritual side of caring which can help improve their own lives as they care for others. For more information on the book, please visit www.TheMindfulCaregiver.com

PRAISE FOR THE BOOK

“Nancy Kriseman's book is full of pragmatic and helpful tools for making caregiving easier, but really, her book is about a new way of being a caregiver. Sharing personal and professional stories, she skillfully describes a more intentional path, one that helps caregivers stay resilient and healthy, not with a pill but with self-awareness. Bravo!”

—Pauline Boss, Ph.D., Author: *Ambiguous Loss Loving Someone Who Has Dementia*

“The Mindful Caregiver is a book that should be “required reading” for caregivers. ...Nancy’s book offers excellent examples of how to be a mindful caregiver so that diseases, especially Alzheimer's and Parkinson’s, do not have two victims: the person with the disease and the caregiver.”

—Joyce Simard, MSW, Adjunct Associate, Professor University of Western Sydney, Australia Author & Geriatric Consultant

“Kriseman’s pro-active, positive words honor the spirit of family care relationships while simultaneously acknowledging the losses in providing such intimate care. Her step-by-step guidance will preserve family caregiver strengths. Readers will immediately identify with the poignant well-placed family caregiver quotes from recognition of a problem through end-of-life care. If this was a medication, doctors would be prescribing it to every well-intentioned but understandably overwhelmed family caregiver.”

—Lisa P. Gwyther, LCSW; Co-author of *The Alzheimer's Action Plan* Director, Duke Center For Aging Family Support Program, Durham, NC

ABOUT THE AUTHOR

Nancy L. Kriseman, LCSW is a Geriatric Social worker in private practice in the Atlanta area. She provides counseling, consultation and educational seminars to family caregivers, and training and presentations to organizations. She has more than 30 years of experience working in eldercare, focusing much of her professional career working with family caregivers. She has published numerous articles on aging issues. Her first book, *The Caring Spirit Approach to Eldercare*, won two national book awards. She also was a caregiver to her mother, who was diagnosed with Alzheimer’s disease and lived with it for 17 years. For more information on Nancy, please visit her website at www.GeriatricConsultingServices.com.

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