

# The Guilt, Grief, Guesswork, and Unexpected Gifts of Caregiving

By Tia Powell



## My Parent's Keeper: The Guilt, Grief, Guesswork, and Unexpected Gifts of Caregiving (Yale University Press Health & Wellness)

★★★★☆ 4.5 out of 5

Language : English  
File size : 1283 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled

Print length : 348 pages  
Lending : Enabled



Caregiving is a complex and challenging experience that can take a toll on both the caregiver and the person they are caring for. In her new book, *The Guilt, Grief, Guesswork, and Unexpected Gifts of Caregiving*, Tia Powell explores the emotional and practical challenges of caregiving, offering insights and support for those who are caring for loved ones.

Powell draws on her own experiences as a caregiver for her mother to provide a deeply personal and empathetic account of the ups and downs of caregiving. She writes about the guilt and grief that can come with watching a loved one decline, the guesswork involved in making decisions about their care, and the unexpected gifts that can come from this experience.

Powell's book is a valuable resource for anyone who is caring for a loved one. She offers practical advice on how to manage the challenges of caregiving, such as how to deal with difficult emotions, how to communicate with medical professionals, and how to find support. She also provides a wealth of insights into the emotional and spiritual dimensions of caregiving, helping readers to find meaning and purpose in this challenging experience.

*The Guilt, Grief, Guesswork, and Unexpected Gifts of Caregiving* is a must-read for anyone who is caring for a loved one. Powell's compassionate and wise voice provides much-needed support and guidance for this difficult journey.



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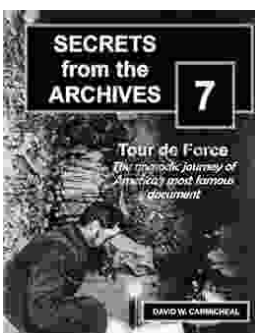
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