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## Joan Lunden shares her experience as a family caregiver

*Co-authors Chicken Soup for the Soul book with supportive stories and tips for caregivers*

**COS COB, Conn.** – Statistics show that about 66 percent of the U.S. population—more than 138 million Americans—believe they will one day need to provide care for a family member. At the same time, most say they have not taken adequate steps to prepare for such a circumstance. Respected journalist, author and television host Joan Lunden found herself in that same position when she suddenly became responsible for moving and making decisions for her 88-year-old mother, whose dementia made it a challenge to get opinions and important information. That experience gave her a perspective shared by millions around the country. She and 101 contributors who understand what it is like to give or receive care share their experiences in *Chicken Soup for the Soul: Family Caregivers* (Chicken Soup for the Soul Publishing, LLC, March 13, 2012, 978-1935096832, \$14.95).

“I think it’s fair to say most people are not prepared for the day when it falls to them to be a caregiver,” says Joan, who co-authored *Chicken Soup for the Soul: Family Caregivers* with Amy Newmark, publisher of Chicken Soup for the Soul. “It’s usually thrust upon you when one parent dies or your only parent left takes ill. All of a sudden you have to learn how to be a caregiver, instantly.”

In the introduction to the book, Joan recounts her emotional journey of becoming the primary financial provider for two family members and the challenges she faced when her brother passed away, leaving her to make living arrangements for her shocked mother, who had lost a son and was unsure about the future. In hindsight, Joan says she wishes she had asked more questions when she had the ability to get answers.

Inside the pages of *Chicken Soup for the Soul: Family Caregivers*, readers will find 101 stories of support and encouragement for people caring for family members of all ages, not just the elderly. The book includes many stories from women in the “sandwich generation”—those caring for a parent while still raising their children. There are also stories by individuals on the receiving end of the care, giving a perspective that most books on caregiving do not provide. Providing support, reassurance and advice, these accounts of love, sacrifice and lessons will inspire and uplift family members making sacrifices to make sure their loved ones are well cared for, whether in their homes or elsewhere.

“I had always thought that I had everything under control with my mom and brother. Boy was I mistaken,” Joan says. “I vowed to use my experience to help others be more prepared for this difficult time.”

*Chicken Soup for the Soul: Family Caregivers* (Joan Lunden and Amy Newmark) releases on March 13, 2012. Chicken Soup for the Soul Publishing, LLC, publishes all the latest titles in the famous Chicken Soup for the Soul book series, which are distributed through Simon & Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold over 112 million copies, with titles translated into over 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous trademark to high quality licensees. The company is currently implementing a plan to expand into all media, is working with TV networks on several TV shows and is developing a major Internet presence dedicated to life improvement, emotional support, inspiration and wellness. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable and impactful books in the last quarter century. For more information visit: [www.chickensoup.com](http://www.chickensoup.com) and [www.joanlunden.com](http://www.joanlunden.com).

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To receive a review copy of *Chicken Soup for the Soul: Family Caregivers* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or [shelby@sheltoninteractive.com](mailto:shelby@sheltoninteractive.com).