



FOR IMMEDIATE RELEASE

CONTACT: Shelby Sledge (512) 206-0229

Just what the doctor ordered for family caregivers

Chicken Soup for the Soul book provides emotional support and practical advice for family caregivers

COS COB, Conn. – Caring for elderly, ill, or disabled family members is one of the hardest jobs there is, and also one of the most rewarding. But family caregivers face their own health risks as they sacrifice their own wellbeing, and they often feel overworked, underappreciated, and even depressed. This holds true whether loved ones are cared for at home or in outside facilities. So a book that acts like a portable support group for family caregivers is a welcome addition to the Chicken Soup for the Soul library.

“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 Lunden, 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.”

Joan Lunden, who is in charge of her elderly mother’s care, used her own experiences to select the stories and shape the content in this invaluable resource—*Chicken Soup for the Soul: Family Caregivers*, (Chicken Soup for the Soul Publishing, LLC, March 13, 2012, 978-1935096832, \$14.95). As Gail Sheehy, the well-known author of *Passages in Caregiving* and a contributor to this book, says, “Joan Lunden’s book provides emotional and practical resources to sustain the family caregiver for the long journey.”

As Joan Lunden discovered when she took over the care of her elderly mother after her brother died, no one is ever really prepared for this responsibility. She recommends asking questions while it is still possible to get answers, a common piece of practical advice echoed in the book by Gail Sheehy, Leeza Gibbons, and many of the other contributors, who recommend gathering medical and financial data and holding family meetings before a crisis hits. Joan also emphasizes the importance of taking care of oneself, another common theme in the book, where contributors talk about how their own health and wellbeing suffered and how they learned to ask for help, make their own needs a priority, and find a new equilibrium even as they were providing care to their loved ones.

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.

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.

###

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.