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Titolo	Emotional Survival Guide for Caregivers [[electronic resource]] : Looking After Yourself and Your Family While Helping an Aging Parent
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Descrizione fisica	1 online resource (272 p.)
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Note generali	Description based upon print version of record.
Sommario/riassunto	Helps family members navigate tough decisions and make the most of their time together as they care for an aging parent. The author urges readers to be honest about the level of commitment they're able to make, and also emphasizes the need for clear communication with each other and their aging parent.