



# **AARP Meditations for Caregivers: Practical, Emotional, and Spiritual Support for You and Your Family**

*Barry J. Jacobs Psy.D., Julia L. Mayer Psy.D.*

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Family caregiving has its challenges: emotional overload, time constraints, anxiety, burnout, missed work, adult sibling conflicts, and marital issues. But caregivers also grow personally and spiritually by ensuring the well-being of a loved one. In *AARP Meditations for Caregivers*, clinical psychologists Barry J. Jacobs and Julia L. Mayer blend emotional and spiritual motivation to maximize the gains of caregiving while minimizing the strains. The book helps readers view their caregiving as a mission from the heart, complete with chapters on accepting your feelings, embracing rewards, seeking support, and managing stress. Each section offers three-part meditations for caregivers: an inspirational quote, an anecdote drawn from the authors' personal or clinical experience, and direct psychological or hands-on advice to foster coping and life satisfaction.

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