



Strength for the Sandwich Generation: Help to Thrive While Simultaneously Caring for Our Kids and Our Aging Parents

Kristine Bertini

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This comprehensive, instructive, and entertaining book is full of information and resources for middle-aged adults faced with the complexities of raising children while caring for elders.

- Utilizes instructive case examples to expose the intricacies of challenges like simultaneously caring for children and elders
- Contains a bibliography of more than 50 reference sources
- Provides an insightful "Creed for the Caregiver"
- Offers a model of daily routine with a workspace for the reader to design their own schedule

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