

Carers Collection

Book Title

Contented Dementia

The Selfish Pigs guide to Caring

The Mindful Way through Stress: The proven 8-week path to health, happiness and well-being.

Now, Where did I put my glasses?

Coping with your difficult older parent: A guide for stressed out children

Being Mortal: Illness, Medicine and What Matters in the End

Past Caring

Parental Guidance: Long Distance Care for Aging Parents

What can I do to help?

An introduction to coping with depression for carers

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Year

2009

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Pages

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Can I tell you about Dementia?

