



Author of Kindness on a Budget

*A journey of a father and daughter,
Empathy, Advocacy, Divine Grace*

Caring for Someone you Love

*with Kindness, Love
and Respect*

Suzanne Elise Abels, M.S.

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Caring For Someone You Love: With Kindness, Love and Respect



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s end of life was an inspiration if you ask me. Caring for Someone You Love, is the story of how this affected both folks. This is a story of appreciate and adjustment and lessons discovered, an individual story with broad implications at a time when our old population is larger than ever before in history.s near-fatal fall in April 2016. With an increase of than 40 million People in america 65 and older, countless sons and daughters will one day discover themselves in my position. My father' Healthy and active all his life, Father suddenly required a fall at age 80 that resulted in a downward spiral that rendered this fiercely independent man suddenly dependent. Her hubby of 30 years, Peter, is her anchor in existence.s first publication, "I am also the author of an earlier book, Kindness in a Spending budget, which illustrates the presents of being kind daily, both for the giver and the receiver alike. I am a skilled promoter, having talked about Kindness on a Budget on numerous radio displays and as a featured guest loudspeaker before various organizations.My non-fiction, self-help book, Caring for Someone You Love, handles helping my father during the last season of his life. Suzanne Elise Abels, M.Suzie', may be the mother of 3 dynamic children: Zachary, Haley and Riley. It is my hope this book will be an motivation to others. This book began as a coping mechanism following her dad' She promised him she'd view it through. They shook on it. S. Kindness on a Budget,"Keywords: Family Associations, Illness, Elderly Parents, Health care, Assisted Living, Care Giving, Inspiration, Kindness, Love, Respect, Positivity Suzanne lives in southern California, where she enjoys, hiking, Yoga exercise, and gardening. illustrates the outsized influence of subtle, daily generosity of spirit.



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My center was in my throat I feel thus blessed to have read this book. Read it! You did an excellent job with this publication? I'll know better next time. But the beautiful romantic relationship between girl and daddy and her mild caretaking of him packed my heart with love. Her initial publication - Kindness on a Spending budget is a publication I would recommend to everyone. For someone who has lost a parent this book will be a great source of healing in that the writer shares how she has drawn upon her own spiritual guidance to aid in her recovery. After scanning this book I now truly understand what this means to "live in the moment" and "life is as well short." Thank you Suzanne Abels for posting your unpleasant journey with me. We dove in to the book as soon as I got, fully expecting to plow through it.. I recommend it for anybody to read Love the examples of love and respect This book does not preach but gently guides you. Suzie Elise Abels's book touched me in ways after reading to expand my center into deeper understanding around the treatment giver and those receiving that loving treatment. Beautifully Written Suzanne has written such a lovely publication. She shares the joy, kindness and deep love via therefore many and her relationship with her dad gave to me insight of an event never will I understand, as my father left when quite young. But through her my heart resided vicariously what it would be like to have that relationship. You'll laugh - you'll cry!.. I've been caregiving for my 54 year old husband for 18 years, he has Parkinson's Disease. Read this book and experience therefore much love, joy, tears and it will change you too. I am back doing Hospice work and this book was great inspiration for this decision. I had awaited the reserve release and it did not disappoint. The parent/kid relationship is unique and it has ... I knew that this book was going to be an emotional accounts of a significant existence event for Suzie. While I understand that book involves caring for an elderly parent, it also has insight that might be valuable for caring for someone we like of any age. The parent/child relationship is unique and it has generally fascinated me that there is often a role shift at some point. The individual we looked to as the pillar of strength now requires us to step up in that role. She shares the joy, kindness and deep love coming from so many . It was soon apparent that I'd have to read it in parts and let it sink in. It was raw, honest and filled with emotion. In addition, it offers wonderful guidelines and observations on elder treatment. I had awaited the book release and it did not disappoint. I completely recommend this publication as a resource in case you are currently going through something like this or need to get ready for it happening later on. Reading about how exactly her entire family rallied together to greatly help in any way possible in the care of her dad captured the real essence of what being a family is about; The book kept me on the edge of my chair with my heart in my own throat.. Suzie's book is an inspirational guide to help us all get through these trying situations. She is deep with her spiritual beliefs and uses this for strength through the difficult situations.... Sadly, from September 2001 to November 2010, I reached this in my life when some of the most important people in my own life started getting sick and finally loss of life. She provides essential and crucial examples in the care of a parent that is incapacitated and how exactly to navigate through the paperwork. I really like Suzanne's writing I love Suzanne's composing.. It's a difficult subject, but extremely moving as very best I could at the time. I desire everyone to learn this publication before you need to or if you're going right through this hard period now, begin it! Caring For Someone YOU LIKE: With Kindness could keep you from continuously wondering "ONLY IF I would did this or didn't do this." Spending time together with your family members is precious, hanging out with a parent during their final year is an honor. From the initial page I was captivated to continue reading until I finished the reserve. Suzie's personal tale with her father during his last year of his lifestyle is actually inspirational. Suzie, many thanks for your strength and honest sharing. like, courage, and power. Her publication is a gentle reminder of how also in situations of crisis and struggling, that kindness and compassion can help to ease the pain. Balancing work, trips to Boston to greatly help with my mom's tumor diagnosis then time for NYC to help admit my aunt right into a nursing house and keeping her firm during her bloodstream transfusions three time per week to caring for my friend who had pancreatic tumor to my friend who's Parkinson's Disease overtaking his body, I

place my life on keep and helped all of them. Spending time with your family members is precious, and spending time with a parent throughout their final year can be an honor. Many thanks Suzie for posting your story around. Caring with kindness!this I'm so grateful. I've experienced some of the same circumstances that Suzie writes about and I was therefore impressed with her quick considering when confronted with so many crucial decisions that had to be made with her own dad. Caregivers can find out a lot about how to prepare for a hospital check out and what happens after discharge from Suzie's commitment to treating her dad with love and respect. It's in everyone philosophy on joy and religion. While always a loving girl, she now becomes a fierce advocate and treatment giver on a whole fresh level. Quick easy read with an emphasis on spirituality. A must read for your caregiving journey I lost my father over this past year after a longer bout with melanoma. I would recommend it to all which are going through this changeover or have gone through it. She chronicles the harrowing and emotional trip that begins when her beloved and incredibly independent dad falls 1 day. The significance of kindness and respect in dealing with your liked one, along with anyone else involved with their care is main.. Thoughtful and informative simultaneously. Thoughtful read that's helpful for whoever has aging loved kinds. A very heart-touching read. The story of the father-daughter relationship and family interaction was always keeping me wanting to read more, but the helpful understanding about what to expect and dealing with adult care is info that may come in handy in the future. You will need to non stop read Suzie and my family shared so many of want decisions and situations which were written in this publication. I wish I'd experienced Suzie's book to read during this difficult period. Suzie was blessed to have got such a great relationship with her dad ? Written from the heart Suzie (Angel Girl) explains the tender-hearted trip she familiar with her Dad in his final yr of existence in exceptional detail.and you will see a next period. It really is so beautiful to feel her knowledge first-hand and she relives some of the day to day events she experienced, keeping her Dad comfortable and dignified was her just concerns. The reserve is very readable with brief chapters and you really feel all Suzie is certainly going through in this natural remembrance. I wish I had this book when I sent through all of this with my Mother back in 2012. Suzie brings you into her experience to understand and she offers soft bits of advice for anyone going through this themselves or even might foresee this knowledge in the future. I came across this book extremely informative on several fronts.. Since I've yet to go through the process of losing a mother or father, I feel this reserve has provided me with such valuable details for when I am faced with my very own parents' mortality. Suzanne navigates her method through uncharted territory and so generously shares her lessons and suggestions with her readers. Like many of us caregivers, she didn't care for herself until she was depleted. Suzanne's journey about caring for her father after a fall is filled up with loving examples of selfless services to a loved one. It had been such a beautiful account of the author's very emotional trip with her dad in his final yr of life.I shed my Mom two years ago and my romantic relationship with her was filled up with meaning, love and grace. I did! Worth Reading This book was well written and thought provoking.. Love the examples of love and respect.. She gifts us with detailed needs because of this loving but also challenging task. Suzie explains how exactly to be your enjoyed one's voice when advocating for proper care and treatment. From that day forwards their lives are permanently changed. Self-care assistance in her book is spot on and can help families and caregivers who are caregiving for 1 year or 20 years. Our society is getting used to rudeness and having less civility - but the key to pleasure is gratitude and assistance to others - look it up! In addition to all the useful help this book offers, it tells a beautiful story of love between a child and her dad. I highly recommend this wonderful book!



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