

"An informative gem that can only inspire admiration
for Dr. Rob Yonover's decades of full-time work keeping a loved one alive
and a family together. Hard-won practical tips included."

—ETHAN PODET, M.D.

CAREGIVER'S SURVIVAL GUIDE

CARING FOR YOURSELF
WHILE CARING
FOR A LOVED ONE



ROBERT YONOVER, PhD,
and ELLIE CROWE

FOREWORD BY DR. CARLYN A. TAMURA, PhD

Robert Yonover and

Caregiver's Survival Guide: Caring for Yourself While Caring for a Loved One



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Caregiver's Survival Instruction is founded on Dr. He provides information on: Dealing with heavy news Handling day-to-day challenges Holding on to the building blocks of your relationship Acquiring stock of finances Adapting and enjoying life Staying sane Preserving a social existence Fighting for your privileges Through Caregiver's Survival Guideline, Dr. Yonover will equip other caregivers who face identical physical, mental, interpersonal, and financial issues with tips and guidelines from his own experiences and other experts to help make their circumstance survivable. Yonover takes you into the throes of his existence as a caregiver, hubby, and father, offering assistance and hope through his tale. Robert Yonover's personal experiences. While struggling to become a effective scientist and inventor, he also was main caregiver for his paralyzed wife for a lot more than twenty years and raised their two children.



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Calling All Caregivers: GET THIS BOOK! I just finished your publication (in 2 times) and there are so many points I want to tell you. Your story was so brave, therefore heart wrenching, so intimate, so sweet. It had been an incredible tribute for you and all that you resided through and managed. It had been a love story told from your perspective for all you years together. Every word made the reader understand how much you cared. Honestly, iyou should consider changing the caregiving component and call it "A LOVE Tale" because that's what it had been. Many thanks for sharing your tale! Your story was so brave, so heart wrenching, so romantic, so sweet! This book is a must have for just about any caregiver, and is a robust weapon in combatting the sadness of caring for someone you care about. The author's tale of caring for his wife helped me understand that humor can make even the most horrible scenario a bit better. The writer reminds people that laughter is usually a necessary element of surviving a terminal illness. In addition to the multitude of helpful tips on how to survive as a caregiver, the author lays everything out with a thought provoking style. It's very easy to obtain bogged down in the tragedy of it all that we neglect to laugh, and the writer does an excellent job showing how exactly to combat the negativity. Along with all that, the reserve is a lovely story of like and resilience. The real love the author provides for his wife shines through every page of the book and it warmed my heart. Thank for assisting me figure out how to make a heavy time lighter, and for posting your story of survival with the globe. It's an instant read (I finished it in two days), but the effect of the author's phrases is sure to last a lifetime. I laughed and cried the complete way through!



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