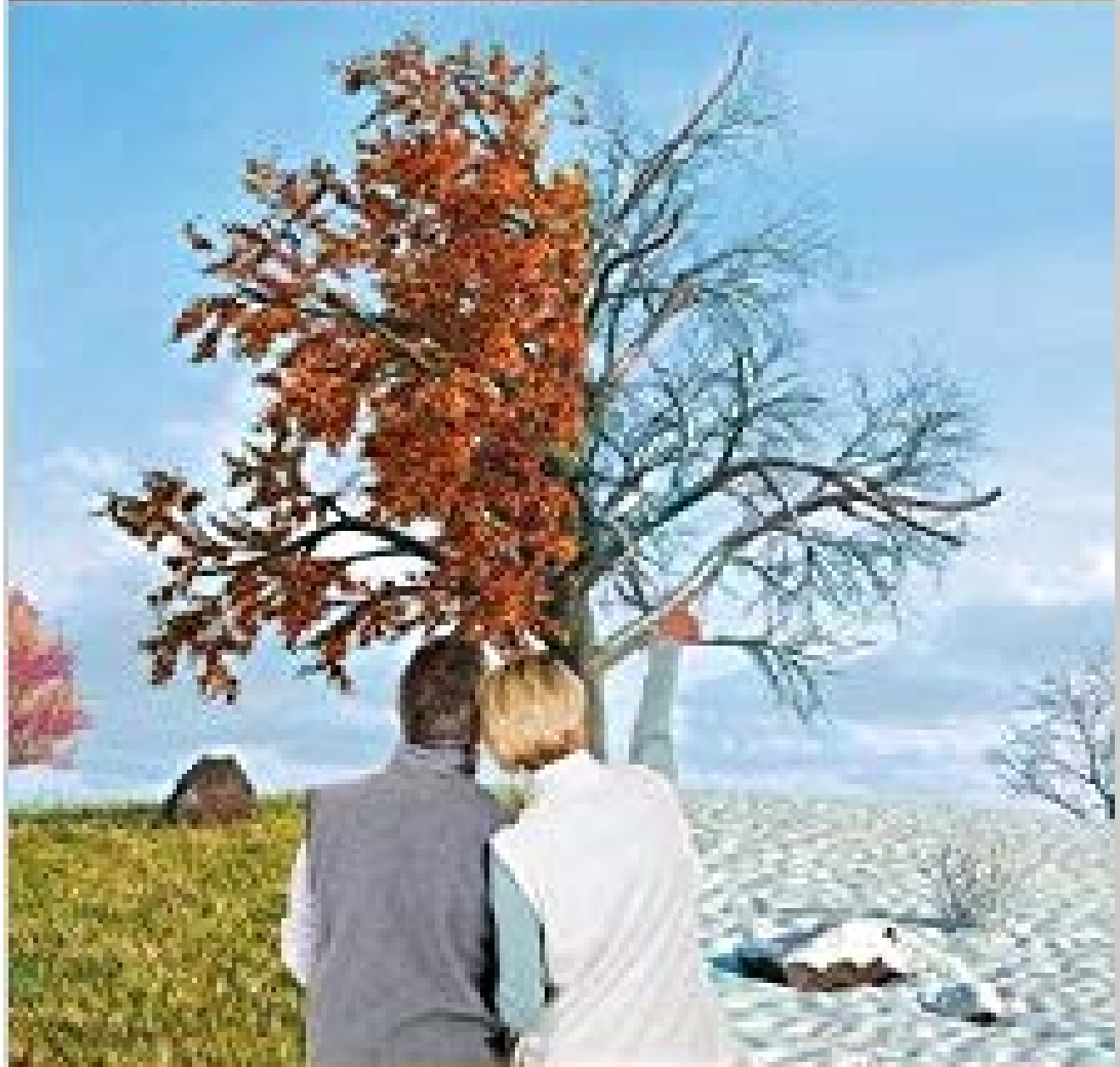


LIVING THE SEASONS *Of Life* FALL AND WINTER



How to Relate to, Assist and Enjoy
Your Aging Loved Ones

MARILYN LAHR

Marilyn Lahr

Living the Seasons of Life - Fall and Winter



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Nobody told us how to grow old - what was coming or how exactly to navigate it well. Her phrases are practical, straight-forward, and compassionate. Are we ready to help them navigate their maturing process? There are many practical answers to your questions and several suggestions on how to progress. In this book you will discover ways to make the most of both these Seasons gracefully and how exactly to help all your family members through the often most difficult season of all - Winter. Kids are grown, and we have been better established in life nonetheless it is also the season whenever we realize ourselves as beginning to age, probably having that recognition for the very first time. This reserve speaks clearly to the fears, desires and needs that include aging and steps to make the transitions required with love and grace and also create some of the best times of your life, for you personally and for all your family members. In Fall we discover ourselves finally clear of much of the obligations of Summer time. Just as we are entering the Autumn of our lives our family members are entering Winter season. You may use this as a workbook to which you are able to refer for all your years to come to live gracefully and joyfully through the Fall and Wintertime of life.



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. I only wish the book was obtainable when she was declining in order that her last time with me could have been even more meaningful. I would highly recommend this publication to anyone that has older family members still living since it would have meant so very much if you ask me, and her, in order to share more of each other. MANY THANKS Marilyn Marilyn, I wish I'd had this reserve 15 years ... Marilyn, I wish I'd had this publication 15 years ago.. Many thanks for your wisdom. I've bought copies to give to my kids. I likewise have items that I wish to have my children keep for my young grandchildren to observe and understand later in their lives. The author put her heart and soul into this publication and it displays! Marilyn gets straight to the stage challenging us all, children and parents as well, to step up to the plate and get our needs met while also being respectful and loving to each other. Her stories relocated me to tears sometimes, and a part of me wished my parents were still alive so I could have used this valuable details.. You've strike the nail on the top re both caring for our elders and how we experience as aging people..communicate I read the book since it addressed some problems I actually had before my Mom passed on.. Don't wait.....Understand this Book! You'll have a treasure package filled with tools and guidelines to help you communicate and connect deeply together with your loved ones. A 'must go through' for older people and their children! Although I edited this publication for Marilyn and am somewhat biased in my opinion, if I could award it six stars, I would. Between wiping away the tears and savoring the chuckles, I just had so many "ah-ha" moments that brought delight to my soul. An often troublesome life-subject matter dealt with masterfully.. I hope he will read it and recognize that getting old can be occasionally a frightening prospect. This is an amazing book that helps us understand the feelings and needs .. I've just ordered a copy for my son. This is an amazing book that helps us understand the feelings and needs of our family members because they age. A book well-named. You gotta go through it! How to begin a Conversation on your own Current Time of year of Life -Great Resource Ahead of reading the publication, I have been l thinking about a method to start conversations with my children about how Personally i think and about the direction they interact with me. I did not know the place to start. Now I have the tool to do this journey. It'll especially helpful for those of us who've children in other cities that we don't observe as often.it's filled up with Love! A Treasure Box filled with Tools!. This is truly a remarkable book. An instant read that unleashed many thoughts and ideas and also brought back many memories to be a caregiver for 10 years for my elderly parents. This reserve is a 'must read' for anybody getting into the fall and wintertime of their life, and because of their children and grandchildren. This is an excellent book full of useful information to greatly help children, adults, and aging parents better understand each other and connect on a variety of levels - from deeply loving to light-hearted and fun. The letter from your own cherished ones that you might otherwise hardly ever receive. A duplicate of the book should be given to every relative in a caregiving function...The exercises have previously made me consider some items I have been keeping and some that I have considered offering.! Yes Marilyn, your mom IS hearing and smiling down from heaven as you DO get it and so are helping many within their own journeys through the Fall and Winter of their lives. I'm still firmly in the summer of my life at this time and "what it's prefer to grow old" wasn't exactly on top of my of what to learn about (if anything, it's something I do not think an excessive amount of about). But after scanning this book I feel like I have a significant brand-new perspective on these levels of life. Marilyn artfully reminds us that ". Despite this, the tone of the composing is very heart-to-heart and easy to read, with a feeling a lot more like reading an individual letter than a stoic informational text message. Insightful, concise, and straight from the heart. Reading this book, gave me time to reflect on . A genuine treasure for caregivers!. Reading this book, gave me time to think about my Season of Lifestyle, and helps myself to observe in the eye of my children. We still experience young enough to participate in life, and discover it a challenge to accept that we aren't what we utilized to end up being. Kudos Marilyn! I would recommend it for those folks who are in the fall or winter of our lives, in addition to for the households and caretakers of family

members. Wonderful book about an often "hard season" of our lives! It really is short enough that I browse it through the same afternoon I received it, but information-dense plenty of that I know I will need to keep it convenient for later reference...As the fullness of our lives is expanding, our aging parent's (and sibling's) lives are receiving smaller and smaller." She teaches the simple secrets of how exactly to connect and make our elder loved ones feel both treasured and appreciated. Thanks, Marilyn, for sharing a romantic part of your life, to help many others living the seasons of existence. I related so much to her composing that I was decreased to tears several times while I was focusing on it - her words band so true.



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