



Aging Parents, Aging Children: How to Stay Sane and Survive

Miriam K. Aronson, Marcella Bakur Weiner

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Sandwiched between the escalating needs of their aging relatives and their own children, today's adult children are caught in an intergenerational squeeze. This self-help book, highly readable and upbeat, with readily identifiable case examples, speaks clearly and directly to Boomers and other caregivers, addressing the feelings that come into play within themselves and their family system.

Librally sprinkled with readable, easy to identify clinical examples, *Aging Parents, Aging Children* helps the reader to gain a foothold on their own very personal situation by identifying and shoring up their own strengths. The authors help readers to understand the various contemporary family configurations with their intrapersonal and interpersonal dynamics. They explain how our respective belief systems shape our actions in interacting with aging parents. Completely up-to-date research findings in an action-oriented context support practical, easy-to-apply information to help families to cope better during this potentially stressful period of life.

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Lawrence Richardson:

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