



# How to Honor Your Aging Parents: Fundamental Principles of Caregiving

*Richard Johnson Ph.D.*

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Too often, people enter the role of caregiver for an aging parent unprepared, and, as a result of exhaustion, exasperation, and guilt, fail in their objective. These are not bad, lazy, negligent people. Most of the time, they simply tried to do too much. Written for any person who is caregiving or who anticipates that they will be called upon to give some form of care to an elder, this book sets out to prepare caregivers to do the best job possible to truly honor their aging parent, relative, or friend and yet not lose themselves in the process.

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