

## Recommended Reading List – Lesson 1



### Books

- The Year of Magical Thinking\ Joan Didion
- Living in the Land of Limbo: Fiction and Poetry about Family Caregiving\ Carol Levine
- The Healing Power of Empathy and Mindful Listening\ David Rakerl
- Passages in Caregiving\ Gail Sheehy



### Articles

- National Alliance for Caregiving (NAC) & American Association of Retired Persons (AARP) (2020). *Research Report: Caregiving in the U.S.*  
<https://www.aarp.org/content/dam/aarp/ppi/2020/05/full-report-caregiving-in-the-united-states.doi.10.26419-2Fppi.00103.001.pdf>
- Flinn, Brendan (2018). *Millenials: The Emerging Generation of Family Caregivers*. Spotlight 33. AARP Public Policy Institute  
<https://www.aarp.org/content/dam/aarp/ppi/2018/05/millennial-family-caregivers.pdf>
- *Embracing the Critical Role of Caregivers Around the World* WHITE PAPER and ACTION PLAN (October 2017).  
[https://www.embracingcarers.com/content/dam/web/healthcare/corporate/embracing-carers/media/infographics/us/Merck%20KGa%20Embracing%20Carers\\_White%20Paper%20Flattened.pdf](https://www.embracingcarers.com/content/dam/web/healthcare/corporate/embracing-carers/media/infographics/us/Merck%20KGa%20Embracing%20Carers_White%20Paper%20Flattened.pdf)

Training

Consulting

Professional Development