

Recommended Reading list – Lesson 1 & 2



Books

- The Caregiving Years: Six Stages to a Meaningful Journey\ Denise Brown
- The Hero with a Thousand Faces\ Joseph Campbell
- 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 Rakel
- Passages in Caregiving\ Gail Sheehy
- A Mudmap for Living: A practical guide to daily living based on Joseph Campbell's The Hero Journey\ Clive Williams, PhD



Articles

- Family Caregiver Alliance (2006). *Caregiver Assessment: Principles, Guidelines and Strategies for Change*. Report from A National Consensus Development Conference (Vol I & Vol II). <https://www.caregiver.org/national-consensus-report-caregiver-assessment-volumes-1-2>
- 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>

Training

Consulting

Professional Development