



Books Available Related to Caregiver Support / Taking Care of YOU:

- *Healing Touch Therapies* by Skye Alexander and Anne Schneider
- *Caregiving: The Spiritual Journey of Love, Loss and Renewal* by Beth Witrogen McLeod
- *Taking Time for Me* by Katherine L. Karr
- *Self-Care for Caregivers: A Twelve-Step Approach* by Pat Samples
- *The Fearless Caregiver* by Gary Barg
- *Leaning into Sharp Points: Practical Guidance and Nurturing Support for Caregivers* by Stan Goldberg
- *Meditations for Caregivers* by Barry Jacobs and Julia Mayer

Please call Valeree Lecey, Caregiver Program Specialist, at the Aging and Disability Resource Center (ADRC), at 262-284-8120 to arrange for pick up or delivery.