Caregiving Questions Answered in New Book: You Are Not Alone. Shares wisdom from 120,000 Caregivers

Today's Caregiver magazine has put together hundreds of hours of questions asked and answered at a Fearless Caregiver Conference in its new book to honor family caregivers

Fort Lauderdale, Jun 16, 2020 (Issuewire.com**)** - The new book, ***You Are Not Alone: Real World Solutions for Family Caregivers***, from the Publishers of *Today's Caregiver* magazine and Caregiver.com, is filled with insight, answers to caregiving questions, tips and tools learned from the 120,000 family caregivers who have attended a Fearless Caregiver Conference. Available in paperback at Caregiver.com, "We have taken hundreds of hours of questions asked and answered at Fearless Caregiver Conferences and put together support in this special book. It's like attending a Fearless Caregiver Conference at home." says Gary Edward Barg, Author of *You Are Not Alone: Real World Solutions for Family caregivers* and Editor-In-Chief of *Today's Caregiver* magazine and Caregiver.com.

Fearless Caregiver Conferences have been developed by Today's Caregiver magazine and Caregiver.com in support of family caregivers; answering their questions and teaching them, among other things, to become equal members of their loved one's care team, develop techniques to create much-needed respite, build an effective support network of family and friends, and to learn the importance of caring for themselves as they care for their loved ones.

"We are looking forward to the near future when we will be able to help support family members across the country with our Fearless Caregiver Conferences in person. these events were created in response to a ground swelling of requests from readers of Today's Caregiver magazine who wanted a day together with their fellow caregivers. Since then, we have hosted over 250 events in 58 cities around the nation, training over 120,000 caregivers to become **A Fearless Caregiver."** Over the years, Fearless Caregiver Conference hosts have included, Robert Urich, Debbie Reynolds, Della Reese, Henry Winkler, Patricia Richardson, Linda Dano, Leeza Gibbons, Clay Walker, Clay Aiken, and many others who were in attendance to share their caregiving experience with family caregivers.

You Are Not Alone: Real World Solutions for Family Caregivers, 200 pages of advice and support is available at Caregiver.com or by calling 954-362-8126 for $18.95.

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