

Caregiver Burnout 101 by G. G. Geraldino Confronts the Hidden Crisis of Caregiving with Unfiltered

Honesty and Faith-Fueled Resilience

CAREGIVER **BURNOUT 101** a survival guide



G. G. Geraldino

Sylmar, California Feb 21, 2026 ([IssueWire.com](https://www.IssueWire.com)) - *Caregiver Burnout 101: A Survival Guide* by G. G. Geraldino is now available in print and digital formats, offering a raw, deeply personal examination of what it truly means to live as a full-time caregiver. Blending memoir, spiritual testimony, and practical survival insights, the book speaks directly to those carrying the invisible weight of caring for aging parents, terminally ill loved ones, struggling family members, and everyone in between.

Written not from academic theory but from lived experience, *Caregiver Burnout 101* presents caregiving as it actually unfolds: exhausting, relentless, bureaucratically complex, emotionally consuming—and, at times, sacred.

A Voice from the Trenches

Geraldino makes no claim to professional credentials. Instead, she offers something far rarer: decades of personal caregiving experience, 33 years of sobriety, hospice navigation, medical advocacy, and the emotional toll of repeatedly putting her own life on hold to care for others.

Through deeply personal chapters detailing her mother's sudden passing, her father's late-stage cancer battle, her daughter's devastating medical diagnosis, and the crushing weight of end-of-life decision-making, the book traces the slow erosion that leads to caregiver burnout.

There is no romanticizing the role. Caregiving here is shown as a 24/7 responsibility that does not pause for holidays, grief, or personal collapse. It is unpaid labor. It is often thankless. And it can break even the strongest individuals when self-care is neglected.

When Strength Runs Out

At the emotional center of the book lies a breaking point—a moment when Geraldino herself collapses under the accumulated weight of responsibility. Panic attacks, exhaustion, disillusionment with impersonal medical systems, and the feeling of “running on empty” reveal burnout not as weakness, but as inevitability when there is no refilling of the soul.

The book does not offer clinical prescriptions. Instead, it charts a path toward healing through therapy, peer support groups, honest self-reflection, and a renewed faith practice that becomes essential to restoration.

A return to church, worship music, and spiritual community becomes the turning point in a journey from depletion to renewal—a theme that threads throughout the narrative without diminishing the real-world complexity of grief and responsibility.

A Survival Guide, Not a Theory

While memoir-driven, *Caregiver Burnout 101* functions equally as a practical survival manual. Geraldino shares hard-earned lessons on:

- Preparing legally and financially for end-of-life realities

- Navigating hospice systems and medical bureaucracy
- Advocating for loved ones within healthcare institutions
- Recognizing early warning signs of emotional collapse
- Seeking therapy and community support
- Reframing self-care as a necessity rather than selfishness

Her core message is direct: you cannot pour from an empty vessel. Caregivers who refuse to care for themselves will eventually reach a breaking point.

Why It Matters

Family caregivers are often described as “essential,” yet their work remains largely invisible. Many juggle multiple roles—parent, employee, advocate, nurse, estate manager—while absorbing grief and responsibility in silence.

Caregiver Burnout 101 matters because it validates what so many endure privately. It acknowledges the logistical chaos of funeral planning, insurance disputes, and legal paperwork that must be completed while still in shock. It addresses the emotional whiplash of being the “strong one” who is never allowed to fall apart.

Rather than offering platitudes, the book speaks plainly about exhaustion, anger, faith, doubt, resilience, and the necessity of asking for help.

Above all, it reminds caregivers that they matter too.

About the Book

Caregiver Burnout 101: A Survival Guide is a nonfiction work that blends memoir, faith-centered reflection, and actionable guidance for caregivers navigating burnout. Structured chronologically through personal experiences of loss, crisis, renewal, and healing, the book offers both emotional solidarity and practical wisdom.

It is the first installment in Geraldino’s G~Series, a collection of interconnected life narratives drawn from real-world hardship and resilience. The tone is candid, unapologetic, and deeply compassionate—intended for caregivers who need honesty more than polish.

About the Author

- G. Geraldino was born and raised in the Midwest and relocated to Southern California in 1987. She founded a successful in-home pet care business in 2003 and has spent much of her life serving as a caregiver to family members and others in need.

Her life has been shaped by repeated seasons of starting over, hard-earned lessons, and an unwavering commitment to “Keep Gettin’ Up.” Through her writing, she seeks to offer strength, clarity, and hope to those walking similarly demanding paths.

Availability & Contact

Caregiver Burnout 101: A Survival Guide is available in print and digital formats through major online retailers, including Amazon.

For purchase information, interviews, media inquiries, or speaking engagements, please visit:

[Website](#)

[Amazon](#)

[Facebook](#)

[Instagram](#)

Media Contact

Bookwave Publishing

*****@bookwavepublishing.com

Source : <https://gggeraldino.com/>

[See on IssueWire](#)

