

Margery Pabst Testimonials

1.) Reviewer: Deborah B. Dean, R.N., M.S.N.

Without an anchor, a caregiver can be swept along in the course of sudden, life-altering events. Floundering with overwhelming emotions and day-to-day responsibilities, he or she fights exhaustion and defeat for the sake of their sick or dying loved one. Pabst and Goldhammer provide an important caregiver's anchor in *Enrich Your Caregiving Journey*. With honesty and practical assessment tools, the authors guide caregivers, patients and their families through a positive process of change and growth -- whatever the final outcome.

2.) Lenny Roland

Caregiving is a delicate balancing act. I know it well, the double duty of caring for myself and at the same time caring for an ill or aging family member. Recently I discovered a unique approach to the role in "*Enrich Your Caregiving Journey*," by Margery Pabst and Rita Goldhammer, authors and caregivers. They do not deny the inherent stress of caregiving but present steps to manage it and focus on the unexpected gifts you may receive, such as personal growth and a deepening of your relationship with your loved one.

Based on the authors' experience and that of many others they interviewed, this book provides basic caregiving principles and 130 practical tips. Stories of three different families serve as effective models for the guidelines. Written in a conversational style with many visual aids, this compact book is easy to read and use as a reference guide. It is designed as an interactive tool with questions at the end of each chapter so you can chart your own journey. Having read this book, I have reshaped my vision of caregiving and will be better prepared if I am called upon again to assume the role.

3.) Lenore, manager, Books N' Books (Coral Gables)

I had the pleasure of introducing Margery Pabst at a recent book signing at Books and Books in Coral Gables, Florida. This was not an author who just read parts of her book with her eyes cast down, this was someone thoroughly engaged with her audience. One felt that she knows not only what she was talking about, but had complete sympathy with them. It was obvious that she understood and cared and the audience members responded by speaking of their own cares and worries. They seemed to feel that this book would help them to deal with the isolating job of being a caregiver.

4.) Deborah German M.D. Dean, UCF College of Nursing

In medicine there is much written to help doctors and nurses care for patients but little for the family members and non-medical care givers. These care givers need to balance caring for the patient and caring for themselves. This book addresses many of the issues that such a care giver will face and does so in a way that is practical and easy to understand. I would recommend it to anyone who is providing care for a loved one.

5.) Marilyn Hattaway CFRE, Asst. Director of Development, Hospice of the Comforter

"At last, a practical book that helps us move our thinking in the critical area of Caregiving.

The book offers new thinking, new insights, and new approaches to harness the potential of the caregiver in all of us- whether you are now, or know someone who is, or for all who will be in the future. It's the ultimate and best resource.

6.) Kevin Fritz, Managing Editor, We Care Magazines

Margery's book on caregivers addresses an issue that still resides outside the normal social strata, much like care giving itself did for years. Now caregiving is widely accepted and support groups abound with help, especially for the 'sandwich generation' who is finding themselves in a role reversal situation of caring for their parents. But the well being of the caregiver and their role in society has a ways to catch up. Pabst's book puts us one step closer.

7.) Victoria Loerzel Ph.D., RN, OCN, UCF Nursing Professor

One of the most striking and useful aspects to "*Enrich your Caregiving Journey*" is that it can be used as a workbook for people who find themselves in the caregiving role. Each chapter helps the caregiver organize their thoughts and concerns so they can communicate more effectively with others. Caregivers do not need to be isolated! This book provides caregivers the opportunity to organize their thoughts so they can ask for help in caring for others and themselves. "*Enrich the Caregiving Journey*" empowers the caregiver.

8.) Dr. John Edwards, M.D.

Enrich Your Caregiving Journey is a book that smoothly transitions a person into the role of caregiver. Caregiving is not an easy role to take on, but Pabst and Goldhammer's language helps empower the caregiver to fulfill their role

with courage and compassion. With over 130 practical tips, journaling sections in each chapter, and an honest approach, the caregiver is prepared to journey down the road of caregiving.

Enrich Your Caregiving Journey is the first book to come along to focus on the caregiver. Because of the need to prioritize and focus on the patient, the health and well being of the caregiver often gets pushed aside. As Pabst and Goldhammer state throughout the book, “it is only in helping ourselves first that we can truly be successful in our caregiving.”