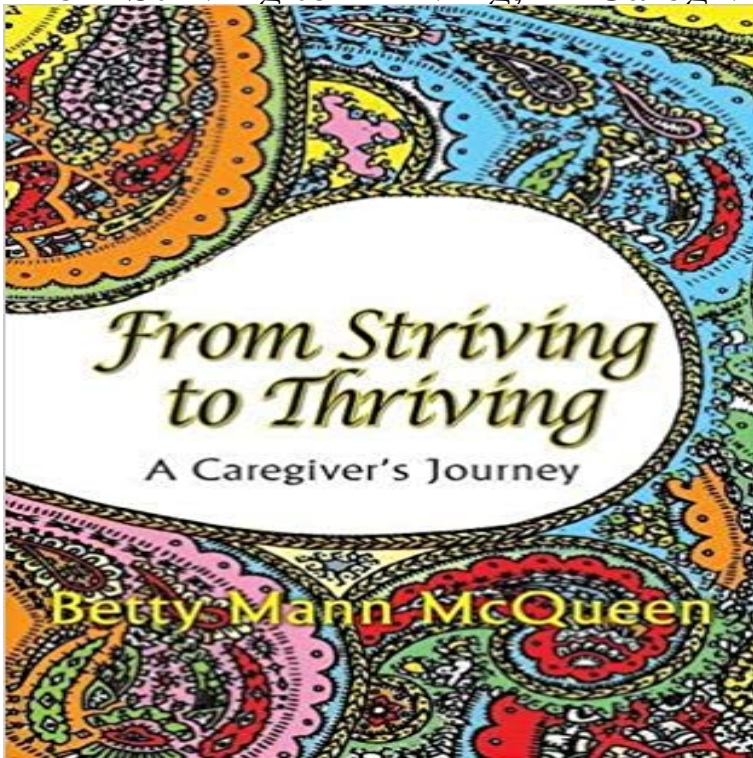


## From Striving to Thriving, A Caregivers Journey



This book is for you. May my story give you encouragement and hope as you travel your own journey as a caregiver. Many of us travel this path more than once. There is nothing easy about it. Even on a good day, its hard. But it is easier when theres a lifetime of loving relationships and good memories before the long-term illness. I was able to thrive because each person blessed my life before the caregiving journey. My story, written as poetry is a record of my spiritual evolution.

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