



Solace *in the* Storm

**CARING FOR LOVED ONES OF
EVERY GENERATION**



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When someone you love places themselves in your care, it's not often easy — but ***Solace in the Storm*** author Merle Griff is here to help.

Griff is a therapist who has helped families overcome the challenges of providing care at all stages of life. ***Solace in the Storm*** offers practical guidance to the caregivers of children, spouses, parents, or even grandchildren.

Whether it's dealing with uninvited opinions from friends and family members, communicating with healthcare professionals, or finding time for yourself, ***Solace in a Storm*** provides the guidance you need to ride out even the roughest seas. Stories from people who have been where you are now—and from her own life—serve as examples for you to apply to your own circumstances and help you to get through what seems like the impossible.



“I’ve learned a lot about caregiving—lessons that you can’t learn from a textbook. When you’re overwhelmed, stressed, and have your hands full, you need ideas that are quick, easy, and digestible. Most information out there about caregiving is too long and takes too much time to read and then integrate into your life.”

— **Merle Griff**
Solace in the Storm

Solace in the Storm: Caring for Loved Ones of Every Generation is available in bookstores and on [Amazon.com](https://www.amazon.com) today.



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