



Almost everyone serves as a caregiver at some point in their life, whether to their children, their spouse, their parents, or even their grandchildren. Despite how common the experience is, it's difficult to find quick, easy, and practical advice to help you survive the never-ending stress of caring for a loved one.

In her new book, *Solace in the Storm*, family therapist Dr. Merle Griff offers easy to apply solutions to common caregiving problems.

Whether it's dealing with uninvited opinions from friends and family members, communicating with healthcare professionals, or finding time for yourself, *Solace in the Storm* provides the guidance you need to ride out even the toughest seas. This guide will serve as your lifelong resource for quick tips, resources, and words of support and encouragement, a companion you will turn to again and again.

<https://bit.ly/findsolaceinthestorm> This is a link to PorchlightBooks.com where you can buy the book at a discounted price. You can also receive volume discounts here.



Scan this code to purchase at PorchlightBooks.com

<https://solaceinthestorm.net>

Visit the website for *Solace in the Storm*. Learn about the author, and also about her blog and podcast.



Scan this code to visit the *Solace in the Storm* website.

<https://bit.ly/solacepreview>

Read a preview chapter of *Solace in the Storm* on Amazon.

<https://bit.ly/buysolaceinthestorm>

A link to the book's page on Amazon. Users can also order audiobook and Kindle copies of the book with this link.

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|  | <p>Storms can be sudden, fierce, and unpredictable, testing the resilience of everything in their path. Likewise, caregiving involves weathering the storms of life, including physical and emotional hardships, while remaining steadfast and committed to the journey.</p> <hr/> <p>ENTREPRENEUR, CAREGIVER, AND AUTHOR DR. MERLE GRIFF PRESENTS HER LATEST BOOK, A GUIDE FOR THOSE TRYING TO NAVIGATE THEIR WAY THROUGH THE MANY UPS AND DOWNS OF CAREGIVING THROUGHOUT THE LIFESPAN.</p> |
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