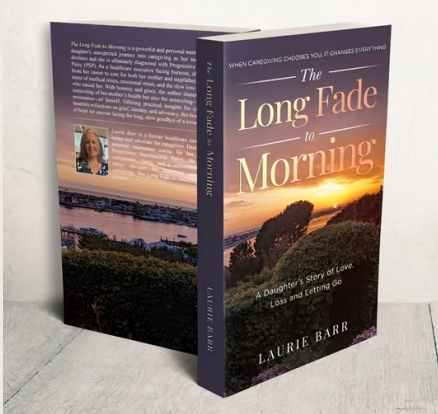


The Long Fade to Morning

A Daughter's Story of Love, Loss and Letting Go



The Long Fade to Morning is a powerful and personal memoir about one daughter's unexpected journey into caregiving as her mother's health declines and she is ultimately diagnosed with Progressive Supranuclear Palsy (PSP). As a healthcare executive facing burnout, she steps away from her career to care for both

her mother and stepfather, navigating a maze of medical crises, emotional strain, and the slow loss of the woman who raised her. Honest, heartfelt, and ultimately hopeful, this book offers support, insight, and inspiration for anyone caring for a loved one through illness and decline.

Meet the Author:

Laurie Barr is a former healthcare executive turned writer and advocate for caregivers. Drawing from her personal experience caring for her mother with Progressive Supranuclear Palsy, she writes with compassion, clarity, and a commitment to helping others navigate the emotional complexities of caregiving. The Long Fade to Morning is her debut memoir.



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