

A Practical Guide for Caretakers Written by an Intergenerational Psychologist

“Solace in the Storm: Caring for Loved Ones of Every Generation” by Dr. Merle Griff is released with Forbes Books

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NEW YORK (September 12, 2023) — *Solace in the Storm: Caring for Loved Ones of Every Generation* by Dr. Merle Griff is now available. The book is published with Forbes Books, the exclusive business book publishing imprint of Forbes, and is available today on [Amazon](#).

At some point in our lives, we will be called upon to serve as a caretaker—either for children, spouses, our parents, or even grandchildren. While we may begin this journey as an act of love, many will be challenged to find quick, easy, practical guidance to help survive the stress of caring for a loved one.

That’s where Dr. Merle Griff enters the picture. In her book, *Solace in the Storm*, Dr. Griff offers solutions to common problems faced by caregivers informed by her experience as a therapist and CEO of an adult daycare program.

Dr. Griff will help you fend off uninvited opinions from friends and family members, navigate complex healthcare systems, ask for help, and find time for yourself to process your emotions and recharge. She supports her advice with stories from people who have faced similar challenges. In her book, she looks at caregiving at all stages of the human lifecycle, from childhood to older adulthood.

Solace in the Storm is a lifelong resource for quick tips and words of support and encouragement.

“From parenthood, from caring for my mother and husband, and from listening to my clients, I’ve learned a lot about caregiving—lessons that you only learn from practical experience,” Dr. Griff said. “When you’re overwhelmed, stressed, and have your hands full, you need ideas that are quick, easy, and digestible. This book is meant to be a valuable guide for readers full of information to seamlessly integrate into your life.”

About Dr. Merle Griff

Merle D. Griff, PhD, is Founder and CEO of SarahCare, an adult day health program with locations throughout the United States. She began her career working with children as a play therapist and developed therapeutic techniques that are used throughout the world. Dr. Griff brings her clinical expertise and personal experience, as a mother, grandmother, and family caregiver for her mother and her husband to her podcast about caregiving throughout the life cycle, *Caught Between Generations*.

About Forbes Books

Launched in 2016 in partnership with Advantage Media Group, Forbes Books is the exclusive business book publishing imprint of Forbes. Forbes Books offers business and thought leaders an innovative, speed-to-market, fee-based publishing model and a suite of services designed to strategically and tactically support authors and promote their expertise. For more information, visit [books.forbes.com](#).

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