



# Walking on Eggshells: Caring for a Critically Ill Loved One

*Amy Sales*

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## **Walking on Eggshells: Caring for a Critically Ill Loved One** Amy Sales

Dealing with a loved one's terminal illness brings difficult and daunting tasks for caregivers. Knowing when and how to say things and what to do becomes frightening. Caregivers often feel they are "walking on eggshells". This valuable, practical guide offers comfort, support and advice for managing economic, emotional and daily stressors from day one of the diagnosis.

Written in simple, user-friendly language, *Walking on Eggshells* addresses many critical issues such as navigating through the complex medical system, handling loss of control, addressing financial problems, receiving and giving bad news, advocating for the patient and preparing your loved one's end of life. Sensitivity, humor and wisdom are woven throughout the chapters.

Most importantly, it provides caregivers helpful and therapeutic ways to cope with the sad reality and to know that they, are not alone and they will be able to pick up the pieces and live fulfilling lives.

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