



Lessons from the Ancients

J. Dyess Calhoun

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Statistics suggest that one in five to one in six Americans are caregivers to either a family member or a friend. Seventy percent or more of Americans are not prepared for the challenges and rewards that will come their way in late life. As caregivers, most of us have no idea of the financial, legal, medical, household, psychological, and relationship impact caregiving will have on us. At some point, we feel overwhelmed by the tasks. *Lessons from the Ancients*, by J. Dyess Calhoun, is written to educate, entertain, and inspire those anticipating future caregiving and those in the midst of it. Part manual, part humorous stories, as well as informative worksheets, *Lessons from the Ancients* will help anyone who finds themselves in this rewarding time of life. As baby boomers face retirement age, the largest portion of the US population will be evolving into senior citizens. Not only are we caring for those we love who are older than us, we will be managing our own entry into the Golden Years. Planning and intelligent action are the best methods for these future challenges. *Lessons from the Ancients* is written to help you in making these plans.

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