

## BOOK REVIEWS



**Mary Ann Konarzewski, *Creating a Rich & Meaningful Life in Long-Term Care: A Guide for Family Caregivers and Elder Care Professionals* (Berkeley, CA: Apocryphile Press, 2017), 346 pp.**

**M**ary Ann Konarzewski draws on over two decades of professional experience in the elder care field to offer wisdom and practical advice for anyone caring for elders in long-term care. Her stories reflect a deep sense of spirituality that makes this work relevant for spiritual and pastoral care providers and educators.

Konarzewski provides practical guidelines for working with the elderly in her exploration of topics such as *The Bittersweet Transience of Life*, *When the Sun Goes Down*, *Seeing beyond Anger*, *Play and Laughter*, and *What Really Is Forgetfulness* (Living with Alzheimer's). She embodies a rare combination, that of gifted writer and that of a deeply compassionate caregiver. She has a gift for storytelling that brings alive not only her clients but also her inner experiences as a care provider who draws from a deep spiritual source as she cares from the heart. *Creating a Rich & Meaningful Life in Long-Term Care* won the 2018 Caregiver Friendly Book Award (*Today's Caregiver* magazine) and was a gold medalist in the 2018 Living Now Book Awards.

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