



Old: Stories of Aging and Reflections on Caregiving

Rich Grimes

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If you wish to travel back in time and experience first-hand the lives of a group of most interesting seniors, then reading *Old: Stories of Aging and Reflections on Caregiving* is your ticket. The individuals I interviewed share tales that provide descriptive historical references, personal struggles, good times and bad, and a humanity that will stir an emotional connection with the readers. A chapter on caregiving acknowledges and celebrates those who devote their time and energy balancing the care of a loved one with their own needs. A quick and colorful read, the contents will be of great interest to baby boomers, caregivers, or people at any stage of life.

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