



## Life: The Next Phase

*Mary Beth Cozza, Helen B. Hempel, Jodi Hempel*

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# Life: The Next Phase

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Do you have a parent or loved one who is one of the over 40 million seniors in the U.S.? If so, this book is for you. *Life: The Next Phase* is a book designed to help you navigate the most common issues of your aging parents or loved ones. It provides you with practical roadmaps that guide you through four of the situations they are likely to face: needing part-time assistance, needing full-time assistance, handling a crisis, and preparing for what might happen in the future. This book gives you best practices and tools so that you can help your parent or loved one live the highest quality of life for their situation. And it will help you care for them without losing yourself in the process.

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