



Life with Pop: Lessons on Caring for an Aging Parent

Janis Abrahms Spring Ph.D., Michael Spring

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From bestselling author and clinical psychologist Janis Abrahms Spring comes a refreshingly honest and tender portrait of a devoted daughter caring for her father through his final years of life

After her mother died, Janis Abrahms Spring "inherited" her father-Pop- and set off on an all-consuming five-year mission to make his days as rich and comfortable as possible. This is their story, overflowing with humor, insight, and love. In beautifully crafted vignettes, spring brings their deepening relationship to life- both the joy and the imposition, the happiness and the heartaches.

From her unique perspective as a clinical psychologist, Spring explores the emotional and practical complexities of parenting a parent. Inspiring, deeply moving, and frank, *Life with Pop* is an ultimately comforting meditation on a universal experience, as well as a book with profound lessons on how to grow old gracefully.

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