

Building a Legacy of Love with Christy Byrne Yates

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By Candace Dellacona

Host Candace Dellacona welcomes Christy Byrne Yates—author, psychologist, and former podcaster—to discuss her book, "Building a Legacy of Love: Thriving in the Sandwich Generation" and the realities of caring for aging parents while raising children. They discuss how caregiving often begins subtly, why many people don't identify as caregivers, setting communication rules, asking for specific help, "ruthless self-care," and recognizing grief throughout the caregiving process.

To learn more about Christy and to purchase her book, visit <https://www.christyyates.com/>

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