

Finding the Humor with Phil Callaway

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By Candace Dellacona

In this episode of The Sandwich Generation Survival Guide, host Candace Dellacona is joined by award-winning author Phil Callaway. Phil shares his inspiring journey into surviving the Sandwich Generation by finding the humor and discovering the vital role that laughter plays in navigating life's family challenges as a caregiver.

Throughout the conversation, Phil underscores the profound impact of how maintaining humor during tough times can have on a positive effect on the whole family.

Learn more about Phil Callaway, and purchase your copy of "Family Squeeze":

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