

Managing Complex Parent-Child Relationships with Karen Shepard

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By Candace Dellacona

Season 4 of The Sandwich Generation Survival Guide opens with an extraordinary conversation as host Candace Dellacona welcomes celebrated novelist and essayist Karen Shepard. Widely recognized for her powerful storytelling and contributions to some of the country's most respected literary publications, Shepard joins the podcast to discuss her deeply personal and widely discussed essay, "The World Is an Easier Place Without You In It."

In this unforgettable episode, Shepard shares the complicated realities of her relationship with her mother, the emotional journey of accompanying her to Switzerland for an assisted death, and the difficult questions surrounding autonomy, dignity, caregiving, and regret. Together, Candace and Karen explore what it means to love a difficult parent, set boundaries without losing compassion, and redefine what being a "good daughter" truly looks like.

Raw, intelligent, and profoundly moving — this is a powerful season premiere you won't want to miss.

To learn more about Karen Shepard, visit <https://www.karen-shepard.com/>

To read "The World Is an Easier Place Without You In It," visit <https://www.theparisreview.org/blog/2026/03/16/the-world-is-an-easier-place-without-you-in-it/>

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