Whether you spend the majority of your day caring for a sick child, a parent with Alzheimer’s, a sibling with a debilitating disease or a loved one battling cancer, you will come to realize that between the stresses of the day, there must also be time for yourself. I can only imagine that your reason or being in this special moment is because you are in search of something. Perhaps you are searching for a refuge, a sense of understanding, a shoulde3r to cry on or some small miracle to reward you in your life as a Caregiver. This book is certainly no magical cure for our specific situation; however, it is full of encouragement, biblical passages and a few funny tales to hopefully brighten your day. Finding that you are not alone on this journey and realizing that others have experiences similar to yours, will open a whole new way of thinking and perhaps even prompt you into sharing your story to help others. You may find that sharing is the best method for releasing the stresses that come from giving care. The materials within these pages are meant to help minimize the heartbreaks and headaches that you face as a Caregiver.