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**PRESS RELEASE / FOR IMMEDIATE RELEASE**

Travis Roy Foundation donates 900 copies of *The Greatest Burden The Greatest Blessing: Caregiving Stories of Hope, Humility, and Love*

**Boston, MA** – Co-authors Mark J. Resnick, Alan E. Rubel, and Michael D. Tenaglia, three dedicated caregivers from different corners of New England, announced that The Travis Roy Foundation has donated 900 copies of their new book, *The Greatest Burden The Greatest Blessing: caregiving stories of hope, humility, and love*. The book, which encompasses the experiences of nearly 45 caregivers, including Brenda and Lee Roy, provides a compassionate and inspiring perspective on dealing with a diverse range of caregiving conditions including addiction, Alzheimer's, autism, Down syndrome, cancer, mental health disorders, Parkinson's, paralysis, and more.

Travis Roy was a freshman forward on the Boston University men's hockey team, when, eleven seconds into his first shift for the Terriers, he crashed headfirst into the boards, shattering his fourth and fifth cervical vertebrae. His foundation, established in 1996, has helped more than 2,100 quadriplegics and paraplegics, and has awarded more than \$5 million in grants toward spinal cord research. Travis died on October 15, 2020, almost 25-years after his injury.

Lee said of the book:

“The compassion and courage demonstrated time and again by these many caregivers let us all know that our efforts were based on love. Love was absolutely what got us all through those times of doubt and uncertainty. The long days and nights with little or no sleep, the trips to the dreaded ER and witnessing the pain that our loved ones were going through. All these emotions and more were so much a part of our lives and you have brought this out in *The Greatest Burden The Greatest Blessing*. I don't think any of us realized that we were not alone during those tough times. Others were going through even tougher times, and we didn't know it or couldn't imagine it could be worse.”

In her heartfelt Foreword, Rashida Ali Walsh, daughter of legendary boxer Muhammad Ali, wrote, “Sometimes it's the care recipient, and sometimes it's the care partner, but the amount of courage, compassion, hope, humility, kindness, and love demonstrated throughout the book is, quite simply, the greatest.”

According to recent statistics from the National Alliance for Caregiving, approximately 65 million Americans are providing unpaid care to family members or friends who are ill, disabled, or elderly. *The Greatest Burden The Greatest Blessing* invites readers to explore the intricate tapestry of caregiving experiences and to celebrate the triumphs, sorrows, and, above all, the love that defines these journeys. With its stories of hope, humility, and love, this book stands as a beacon of inspiration for caregivers and families everywhere.

The recipients of the TRF book donation are The Jack Trotter Foundation, TBird Foundation, Journey Forward, Shephard Rehabilitation Hospital, Spaulding Rehabilitation Hospital, Franciscan Children's Hospital, and the New England Rehabilitation Hospital.

For media inquiries, interviews, or review copies, please contact Mark Resnick at 617-549-9706 or [mark@markjresnick.com](mailto:mark@markjresnick.com). To learn more about the book and its authors, please visit [www.caregivingguys.com](http://www.caregivingguys.com).

### **About the Authors:**

Mark J. Resnick (Walpole, MA), Alan E. Rubel (Barre, VT), and Michael D. Tenaglia (East Falmouth, MA) are devoted caregivers who have come together to share the untold stories of those who provide care to their loved ones. Their nearly thirty years of collective experiences and insights have resulted in ***The Greatest Burden The Greatest Blessing***, a heartfelt tribute to the resilience of caregivers and the strength of the human spirit.

### **Book Details:**

**Title:** *The Greatest Burden The Greatest Blessing: caregiving stories of hope, humility, and love*

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