

Mark J. Resnick
617-549-9706
mark@markjresnick.com
www.caregivingguys.com

FOR IMMEDIATE RELEASE

New Book *The Greatest Burden The Greatest Blessing: Caregiving Stories of Hope, Humility, and Love* Reveals Heartfelt Exploration into the World of Caregiving

Boston, MA – Mark J. Resnick, Alan E. Rubel, and Michael D. Tenaglia, three dedicated caregivers from different corners of New England, are proud to announce the release of their touching and insightful book, *The Greatest Burden The Greatest Blessing: caregiving stories of hope, humility, and love*. The book encompasses the experiences of nearly 45 caregivers, providing a compassionate and inspiring perspective on dealing with a diverse range of conditions such as addiction, Alzheimer's, autism, Down syndrome, cancer, mental health disorders, Parkinson's, paralysis, and more.

According to recent statistics from the National Alliance for Caregiving and AARP, approximately 53 million Americans are providing unpaid care to family members or friends who are ill, disabled, or elderly. *The Greatest Burden The Greatest Blessing* sheds light on the challenges faced by these unsung heroes while highlighting the immeasurable impact of their dedication. The book is also a testament to the fact that while caregiving may be one of life's greatest burdens, it's also an extraordinary blessing that transforms both the giver and the receiver.

James H. Douglas, former governor of Vermont, describes the book as a moving portrayal of the complexities and joys of caregiving: "*The Greatest Blessing* beautifully captures the full range of emotions, burdens, and yes, blessings of caregiving. Most importantly, it shows us what we're capable of enduring in the name of love."

Aron Lee Rolston, *New York Times* bestselling author of *127 Hours: Between a Rock and a Hard Place*, commends the book for its poignant message: "These stories remind us that the love we share with our families is what gives us the strength, courage, and perseverance we need to grow from adversity, and even find gratitude from it."

In her heartfelt Foreword, **Rashida Ali Walsh** encapsulates the essence of the book: "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."

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.

For media inquiries, interviews, or review copies, please contact Mark Resnick at 617-549-9706 or mark@markjresnick.com. To learn more about the book and its authors, please visit 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*

Authors: Mark J. Resnick, Alan E. Rubel, Michael D. Tenaglia

Publisher: Mark J Resnick Media with Amazon Kindle Direct Publishing

Publication date: August 4, 2023

Page Count: 316 pages

Book Size: 7" x 10"

ISBN 979-8-9857494-4-1 (paperback)

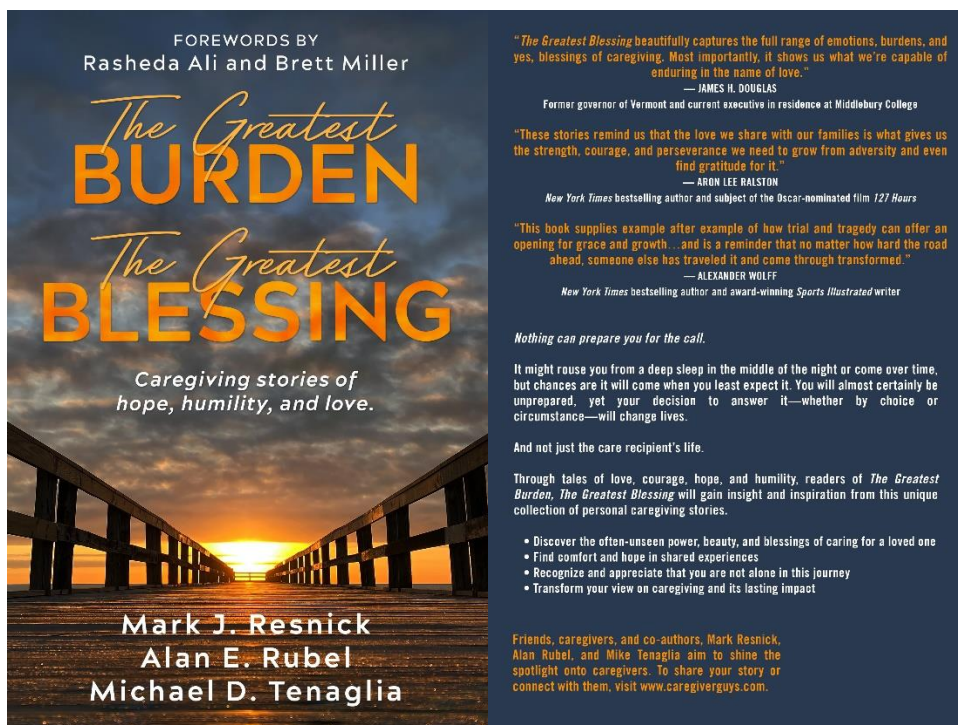
ISBN 979-8-9857494-5-8 (ebook)

ISBN 979-8-9857494-6-5 (hardcover)

Price: \$19.95 USD (paperback), \$28.00 USD (hardcover)

Available at: Amazon, online retailers, and at www.caregiverguys.com

Website: www.caregiverguys.com



Mark



Alan



Michael