



You'd Better Not Die or I'll Kill You: A Caregiver's Survival Guide to Keeping You in Good Health and Good Spirits

Jane Heller

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Bestselling writer Jane Heller thought she'd found her dream man—until he turned out to be a "frequent flier," the term doctors and nurses use to refer to patients who land in the E.R. more often than the average person goes to Starbucks. Here, Jane shares her experiences of looking after her chronically ill husband with Nora Ephron–like wit, and offers practical guidance for handling it all without drowning. With advice on staying healthy while caring for a loved one and learning to communicate with medical staff, plus wisdom from other caregivers and experts, this is a personal and invaluable tool kit that also manages to prompt laughter and inspire. For the more than 65 million caregivers in the US alone, this book couldn't be more timely or important.

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