



The Daughter Trap: Taking Care of Mom and Dad...and You

Laurel Kennedy

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In the tradition of The Feminine Mystique and Backlash, a groundbreaking look at a social cyclone heading straight for Boomer women When aging parents need help, they turn to a daughter. This book answers the question "now what?" and helps women successfully juggle caregiving, careers, kids, siblings and marriage on their own terms. It's all about new options, clear priorities and no guilt.

Twenty-five percent of Baby Boomers now have a senior parent living with them, and almost a third of American workers care for their parents. But what no one has pointed out, until now, is that Boomer eldercare responsibilities usually fall on the daughters, who are also often caught between the competing demands of a working spouse, school-aged kids and a full-time career.

The Daughter Trap is the first book on the market to simply say it like it is: women get stuck in the caretaker role--whether they like it or not; and whether they're prepared for it or not. The author shows how this happens over and over again and explores why women let it happen. Drawing on years of original research, as well as interviews with business leaders and the personal stories of individual women, *The Daughter Trap* not only identifies the problem but also provides concrete and actionable solutions with takeaway lessons readers can apply to their own lives.

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From reader reviews:

William Grimm:

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Melanie Archer:

Spent a free the perfect time to be fun activity to do! A lot of people spent their sparetime with their family, or their own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? May be reading a book is usually option to fill your totally free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try out look for book, may be the book untitled The Daughter Trap: Taking Care of Mom and Dad...and You can be great book to read. May be it may be best activity to you.

Michael Albright:

Reading can called brain hangout, why? Because if you are reading a book specifically book entitled The Daughter Trap: Taking Care of Mom and Dad...and You your head will drift away trough every dimension, wandering in each aspect that maybe unidentified for but surely will become your mind friends. Imaging each word written in a book then become one form conclusion and explanation which maybe you never get prior to. The The Daughter Trap: Taking Care of Mom and Dad...and You giving you a different experience more than blown away your brain but also giving you useful information for your better life within this era. So now let us demonstrate the relaxing pattern at this point is your body and mind will likely be pleased when you are finished reading it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

Colin Wegner:

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