



Lessons Learned on the Path to Filial Maturity

Dr. Max Fuhrmann, Brynn Craffey

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As Americans live longer and more active lives, more people are finding themselves in the uncomfortable position of coping with elderly parents at the same time as they're parenting their own children, dealing with challenging work lives, and facing declining health issues of their own. According to the Pew Research Center, one in seven Americans—members of what they call, the “sandwich generation”—now find themselves in this situation. In a delightfully accessible story-telling format, Max E. Fuhrmann, Ph.D., draws on decades of practical experience as a clinical psychologist working with older adults and their families to provide empathic insight into the particular challenges these peopleface.

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