



When You Feel Like Strangling The Patient

Lauren Simon

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In *When You Feel Like Strangling The Patient* (Love and Support for the Caregiver), author Lauren Simon gives voice to the frustration, confusion, and anger that caregivers feel but are often afraid to express. When her husband Stephen Simon (film producer of *What Dreams May Come* and *Somewhere in Time*) barely survived a heart attack during which his heart stopped four times, Ms. Simon quickly learned how little practical, do-this-now information was available to those who are thrust into the role of caregiver. As she lovingly helped her husband convalesce (and their six adult children cope with the trauma they too had experienced), she was shocked to find how many powerful emotions she and other caregivers feel but rarely discuss. With humor, compassion, and vulnerability, Lauren wrote her book to empower caregivers all over the world to openly embrace and share their own feelings.

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