

self-soothing. These are all ordinary fears and reactions, and must be adequately understood and communicated so appropriate measures can be taken. Parents should be aware of the need to regularly update their adult children about the difficulties they are facing, while both parties need to practice being sympathetic to the other's point of view .

As director of the department of geriatric psychiatry at a major hospital, Dr. Tsai Chia-Fen sees nearly a thousand elderly patients every month. Utilizing insights from both medicine and psychology, Dr. Tsai provides a straightforward analysis of behavioral patterns and underlying conditions frequently observed in aging parents. With its abundance of practical knowledge, her book is a powerful tool to help thaw the sometimes icy relationship patterns that form as the older generation enters their waning years.

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