

For Immediate Release

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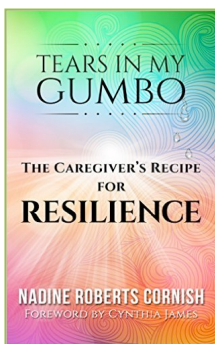
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Inspirational And Uplifting Book, TEARS IN MY GUMBO, Released; Celebrating Life, Love, and National Gumbo Day

*Book offers insight into complex bond between family caregivers and aging parents
#tearsinmygumbo*

Denver, CO – In celebration of National Gumbo Day, [TEARS IN MY GUMBO](#), a heartfelt manuscript that speaks personally and passionately to the 44 million caregivers across country, makes its national debut, on Wednesday, October 12, 2016. Through a series of caregiving stories, the book illustrates the ingredients needed for caregivers to maintain resilience and create a soul nurturing gumbo of care.



Artfully written by caregiver coach and consultant, [Nadine Roberts Cornish](#), CSA, the book shares her personal experience as caregiver for her mother, a situation that ultimately changed her life. As she begins the transformation to care consultant, care manager and caregiver coach, we get a glimpse into what it means to be held and supported by a family network, when it is needed most. For more information on the book, [click here](#).

A native of New Orleans, Roberts Cornish shares her rich family heritage simmered in the tradition of gumbo preparation, steeped in love and community, seasoned with wisdom, humor and healing, much like a heaping bowl of Louisiana Seafood Gumbo.

Along the way, we are gifted with the community, humanity and deep love shared amongst Roberts Cornish's large and sometimes raucous family members. Blended with generous doses of humor, [TEARS IN MY GUMBO](#) is filled with short and sweet stories, meant to provide a quick respite for the caregivers and a motivator for families to join in to help.

Ultimately, this book offers insight and understanding of the humbling, challenging and deeply rewarding caregiver's journey.

Retail Price: \$15.99, paperback

Amazon link: <https://www.amazon.com/Tears-Gumbo-Caregivers-Recipe-Resilience/dp/0998069108>

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ABOUT THE AUTHOR

Nadine Roberts Cornish is a Certified Senior Advisor (CSA), Caregiver Coach and Consultant. She is the founder of [The Caregiver's Guardian](#), a Denver Colorado-based consulting service that supports, encourages and advocates for the family caregiver of an elderly loved one. Roberts Cornish, a healthcare consultant and well-known public speaker for more than 20 years, provides training and offers speaking engagements that motivate and inform caregivers and professionals on the importance of being an active participant in the caregiving process, while incorporating the key essentials to caregiving success for the entire family. For more information visit, tcgcares.com.

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