

**Dr Ruth's Guide For The Alzheimer's Caregiver: How To
Care For Your Loved One Without Getting
Overwhelmed...and Without Doing It All Yourself
By Pierre A Lehu, Ruth K Westheimer**

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Dr. Ruth Westheimer is a psychosexual therapist who helped pioneer the Alzheimer's Caregiving: Caring for Your Loved One without Getting Overwhelmed.

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How to Care for Your Loved One Without Getting Overwhelmed and Without Doing It All Yourself Ruth Karola Westheimer, Pierre A. Lehu much-needed help to overburdened caregivers in Dr. Ruth 's Guide for the Alzheimer's Caregiver.

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Ruth Westheimer (born June 4, 1928), better known as Dr. Ruth, is a German-born, Jewish .. Westheimer, Ruth K.; Lehu, Pierre A. (2012). Dr Ruth's Guide for the Alzheimer's Caregiver: How to Care for Your Loved One without Getting Overwhelmed...and without Doing It All Yourself. Fresno, California: Quill Driver

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