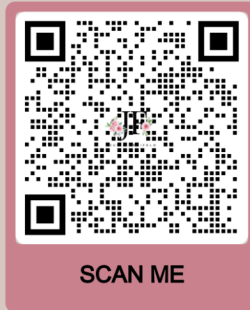




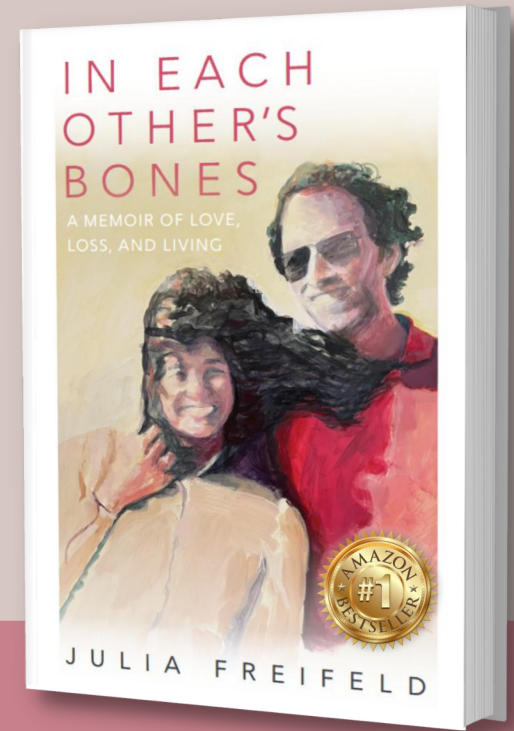
MEET THE AUTHOR

Julia Freifeld is an author and artist focused on relationships and love. This book is Julia's journey from caregiver and wife to finding her own separate self.

To learn more about Julia and her book *In Each Other's Bones* scan the QR code below.

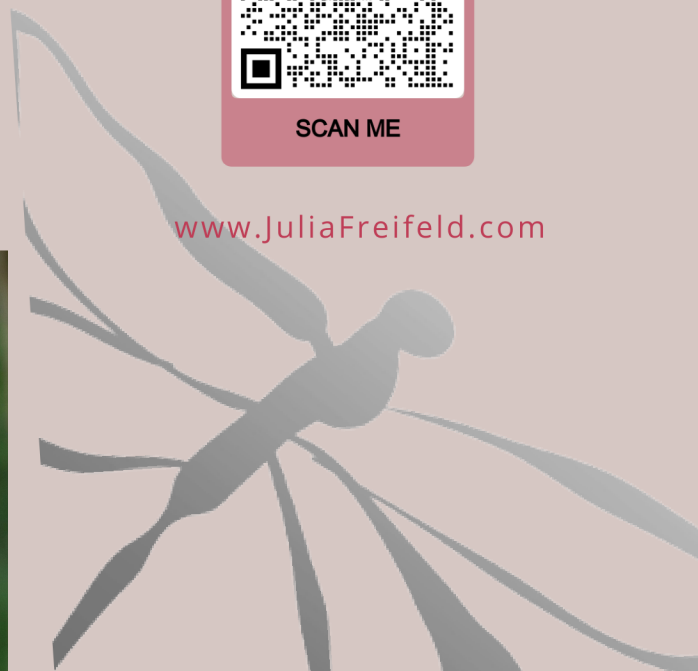


www.JuliaFreifeld.com



From One Caregiver to Another

I wrote this story for you. Learn how to discover your inner strength & resilience as you manage the role of caring for a loved one.



About The Book

Julia and Mark carefully constructed their life together. They were sailing along on a dream. Then life took a terrifying turn. Mark was diagnosed with a fatal degenerative neurological disease and there was no hope for a cure.

If you're becoming a caregiver, you may be asking:

- **How do I keep my family together?**
- **How do I maintain personal space?**
- **How can I evolve rather than dissolve into my new role as a caregiver?**

You are not alone. This book is a road map from someone who has been there.

Drawing upon therapy, painting, sacred rituals, and writing, Julia found strength to remain at peace and not fall to pieces.



GET THE BOOK

This book is for you if...



You're navigating how to care for a loved one, or on your own grief journey.

In Each Other's Bones is a positive, life-affirming story, with a healthy dose of humor.

