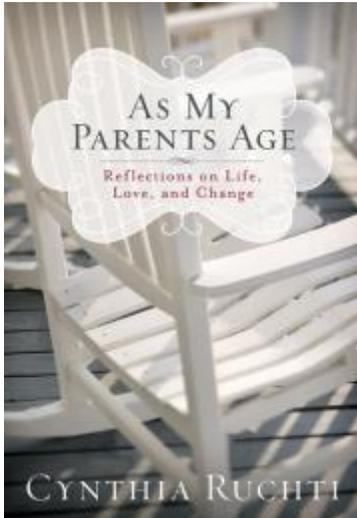


Loving Them Through It

Cynthia Ruchti Offers Comfort and Support for the Challenges that Arise as Our Parents Age



(NASHVILLE, TN) April 5, 2017 – From noticing the first signs of change to having the hard conversations and coping with the final goodbye, Cynthia Ruchti offers wisdom and comfort for a multitude of situations we face as our parents grow older. The short, easy to digest chapters found in *As My Parents Age* (9781617957529) can be approached devotionally or read in large sections until your soul is refreshed and you're ready to go on.

“Despite our valiant efforts, the fact remains that we cannot stop the aging process,” writes Ruchti. “What we can do, with God's help, is ensure that we and those we love age as gracefully and graciously as possible.” That is the ultimate aim of this book: to endow readers with a sense of peace regarding this natural and inevitable time in life, and to offer comfort in the knowledge that they are not alone.

Cynthia Ruchti, award-winning author of more than twenty books and a frequent speaker for women's ministry events, reminds readers, whether they are anticipating the arrival of this chapter or are right in the midst of it, that “your efforts don't go unnoticed by the God who called you to somehow—even or *especially* now—‘honor your father and mother.’” Drawing upon her own experience as well as incorporating the stories of others who have walked or are walking this path, Ruchti has crafted a space where weary travelers can come for a dose of fortifying reassurance.

Advanced Praise:

“I love this book and wish it had been available when I cared for my own Mom the last 3 years of her life. The chapters are short but packed full of great suggestions, making it easy to read about the specific need you are facing at the time. So perfect to have bite-sized wisdom to help you navigate the rough waters.” —**Carole Lewis**, director emeritus, First Place 4 Health, author of *Live Life, Right Here, Right Now*

“A beautiful, gentle, insightful, and sensitive book for anyone with an aging parent, guardian, or friend. Escape regret and embrace the final season of your loved one's life with Cynthia's warm and wise words and stories.” —**Jane Rubietta**, International Speaker and author of 19 books, including *Heartbeat of a Mother* and *Worry Less So You Can Live More*

“Unafraid to reach into our raw places, Cynthia holds our hand while we travel a difficult road. Through her grace-filled words, we not only find comfort, but strength to carry on.” —**Anita Agers**

Brooks, international speaker, inspirational life coach, and award-winning author of *Getting Through What You Can't Get Over*

"With sensitivity, grace, and compassion, Cynthia eloquently addresses the many and varied realities of life with an aging parent. She helps us see how to truly honor our mother and father while being fully honest about our struggles and dependent on God for strength, discernment, and perspective." —**Laura Taggert**, licensed marriage and family therapist, author of *Making Love Last*

Suggested Interview Questions:

- What are some of the greatest challenges facing those with aging parents, and how can one begin to go about coping with them?
- What role does God play in helping us deal with the aging of our parents?
- What specific challenges does role reversal present for a child? For a parent?
- You talk about the importance of gratitude in caregiving. Why is it so important, and how are the two connected?
- Are there any particular scriptures or a prayer approach you would recommend to those dealing with the aging of a parent?
- You suggest that part of the season of watching our parents age may be "hemmed in awe." Where does that awe come from, and how can we work on recognizing and appreciating it?
- What advice do you have for balancing life's other responsibilities (work, childcare, etc.) with those of parental caregiving?

About the Author:



Cynthia Ruchti tells stories hemmed in hope. She's the award-winning author of more than twenty books and a frequent speaker for women's ministry events. She serves as the Professional Relations Liaison for American Christian Fiction Writers, where she helps retailers, libraries, and book clubs connect with the authors and books they love. She lives with her husband in Central Wisconsin. Visit her online at <http://www.cynthiaruchti.com>.

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