



The Don't Sweat Guide for Grandparents: Making The Most of Your Time with Your Grandchildren (Don't Sweat Guides)

Richard Carlson

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100 easy-to-do strategies show grandparents how to enjoy their time with their children and grandchildren to the fullest, without giving up time for themselves. Including how to set boundaries with kids who expect the grandparents to become babysitters, to how not to stress out about finances with reduced income due to one's no longer working, to avoiding boredom and "retirement blues" -- this book is an invaluable help for grandparents who are finding life in their golden years less easy and peaceful than they imagined.

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