

# A Farewell Album for My Parents



Critically acclaimed  
gift for caregivers —  
now with audio CD!

Mark Seiden, Ph.D.

A WISDOM AUDIO BOOK

“This fresh, loving meditation on what it means to be a son should give heart to anyone struggling with the loss of a parent. “A gutsy commitment and love that just won’t quit is what end-of-life caretaking must ultimately come down to for all of us,” Mark Seiden writes, introducing us to his straight-from-the-heart romp through hymns, memories, and poetry in which he commemorates the final days and months of first his father’s, then his mother’s death.... Each page is a hospital room brightened with drawings of flowers or song. Love letters open doors to a long-ago past. This is a scrapbook of touching moments and moments of touching, celebrating loss through rebirth. We learn that Norman and Julia were not alone; and neither are we.”

Caroline Wellbery, M.D.  
Georgetown University Medical School  
Journal Editorial Board, *American Family Physician*

“Mark Seiden has built his dad and mom the finest kind of memorial. Anyone who knew them, anyone who reads the book, will cherish it. Several passages hit this reader as extremely beautiful expressions of complex feelings. Seiden’s account of his old man’s lashing out in anger at him because he’s mad at his own decline, and their reconciliation, is moving and very real. But anyone involved with a friend or relative who has dementia and/or who is rapidly falling apart will appreciate Seiden’s experiences with his mother and dad. And learn from them. Mark Seiden’s persistence and determination is really touching and exemplary.”

X.J. Kennedy  
Editor, *The Norton Introduction to Poetry*  
Widely-honored Poet, Editor, Author

“Even though my surname isn’t Seiden, he’s told the story of my parents and me, as well. What a gift he’s given not only to his readers but to his family, near, far, extended, and to come.”

Arthur Nolletti, Ph.D., Professor of English; Author/Editor,  
*The Films of Fred Zinnemann*; and, *Reframing Japanese Cinema*.

“Very moving – heartwarming! I loved this book. Lots of people will love this book.”

Howard Zinn  
Author, *A People’s History of the United States*.



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