

Mama Peaches and Me

Wit and Wisdom for
Worn-Out Caregivers



Christopher-Charles Chaney

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for Worn-Out Caregivers

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After Midnight Publications

The Mission of *After Midnight Publications* is to serve our customers by publishing practical information that encourages abundant spiritual, physical, emotional, mental, and financial living.

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Unless otherwise noted, all Scriptural references are from the King James Version (KJV) of the Bible.

While the author has made every effort to provide accurate telephone numbers and Internet addresses at the time of the publication, neither the author nor the publisher assumes any responsibility for errors or for changes that occur after publication.

DEDICATION

This special book is dedicated to The Lord God Almighty Himself, who has comforted me, guided me, carried me, forgiven me, blessed me, and has honored me with the precious gift of Odessa “Peaches” Chaney, my amazing mother.

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Lights On!

Mama Peaches: I don't care what anyone says. I just like a dark house.

Me: Well, you live with me now. And I don't live in the dark. There's light in my house. I don't want my house to be depressing, dark, and gloomy. You got a new address and a new house — this is the lighthouse, and the light represents the presence of God, mama!

Mama Peaches: Huh. *(Rolling her eyes.)*

One – Lights On

[Later during the night. I go to mama's bedroom to check on her.]

Me: MAMA, why you got all the lights on in this bedroom?

Mama Peaches: I love the light. I love the presence of God.

Me: *(Smiling.)* Alright. Love you and goodnight. Don't forget to turn off the lights.

[I wake up in the middle of the night and notice nearly ALL of the lights in the house are on. I quickly turn them all off and go to bed. I wake up a few hours later and all the lights are back on again!]

Me: Mama, wake up! Why you turning on all the lights? You didn't have all your lights on at your house like this!

Mama Peaches: Boy, I am trying to sleep.

Me: Why are you turning on all the lights? That's running up my bill!

One – Lights On

Mama Peaches: Hell, that's why I kept my house dark with the lights off. I didn't want a high light bill, but you got the presence of the Lord in your hhhoooouusseeeee! So, I figure since He is present in your house, he would help you pay the bill.

Me: Arrrrgh!!!!!! Good night Ms. Chaney and don't touch my lights.

One – Lights On

Caregiving FACT

A caregiver is an individual who provides care for another person in need—an aging parent, a spouse, child, or friend. Caregiving can be rewarding, but it can also be very challenging. Stress from caregiving is common but can have harmful health effects on both the care provider and care receiver if that stress is not managed.

Caregiving Healing SCRIPTURE

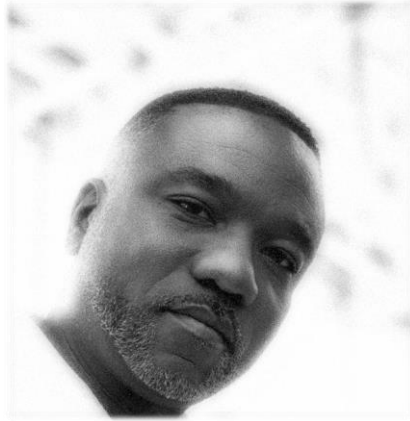
But his delight is in the law of the Lord; and in his law doth he meditates day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

Psalm 1:2-3

Mama Peaches-Inspired QUOTE

Give without the expectation of receiving and you will
never be disappointed.

About The Author



After 20 years of executive management and one brutal downsizing with his federal employer, Christopher-Charles Chaney decided to retire early and take on the most challenging yet rewarding executive management role in his life—caregiving for his mother. Chaney is the author of the popular-selling *Breaking the Healing Code* and the Mama Peaches caregiving series. Chaney is a National Caregivers Advocate, award-winning public speaking champion, and a published “authorpreneur” who is currently working on the Mama Peaches’ sequels which are due in 2017 and 2018.

www.AuthorChristopher.com

Dear Reader,

On behalf of my mother and all of those who require caregiving, thank you for reading this all-important book, whether you did it for the humorous stories, caregiving information, or both. I hope that you were entertained and informed about an increasing issue as our society's population of aging citizens continues to grow. Please do not hesitate to refer to this book over and over and to share it to support other caregivers.

Now I would like to ask you a favor. If you enjoyed this book, found it useful or otherwise, then I'd really appreciate it if you would post a short review on Amazon. I do read all the reviews personally so that I can continually write what people want. If you'd like to leave a review, then please find my book on Amazon and click the icon for customer review:

Don't forget to visit our website today at www.AuthorChristopher.com for more caregiving and quality of life resources or to book me for your upcoming events. Thanks for your support!

Your Author and Friend,

Christopher-Charles Chaney
Author, Speaker, and National Caregivers Advocate

Are you a new or seasoned caregiver on the verge of a physical or emotional collapse?

If you are caring for an aging parent, a disabled spouse, another loved one, or just love old-school humor, this book is definitely for you! It is guaranteed to be great medicine for your heart by delivering:

- Wit, wisdom, and a whole lot of laughter
- Inspiration and empowerment to revive your spirit
- Critical survival tips every family care provider must know
- Caregiver's Prayer Toolbox
- Must-have caregiving resources to save time, energy, and money
- Strategies to minimize stress, burn-out, depression, and guilt
- And so much more!

"I loved every minute of the Mama Peaches stories! I couldn't put it down! I can't wait for the sequel!"

Bethany Hertzog, Cincinnati, OH

"I definitely need more! This book is both entertaining and information. I laughed and cried. My appetite is wet for more."

Rachelle Dotson, Chicago, IL

"I wish I had this caregiving information beforehand. My blood pressure rose as I read the bonus chapter. Definitely looking for the next book."

LaTonya Sneed, Memphis, TN

After 20 years of executive management and one brutal downsizing with his federal employer, Christopher-Charles Chaney decided to retire early and take on the most challenging yet rewarding executive management role in his life—caregiving for his mother. Chaney is the author of the popular-selling *Breaking the Healing Code* and the *Mama Peaches* caregiving series. Chaney is a National Caregivers Advocate, award-winning public speaking champion, and a published "authorpreneur" who is currently working on the *Mama Peaches*' sequels which are due in 2017 and 2018.



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Remember my first Mama Peaches book is launching soon, so stay tuned. In the meantime, please don't forget to:

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