

Book Synopsis

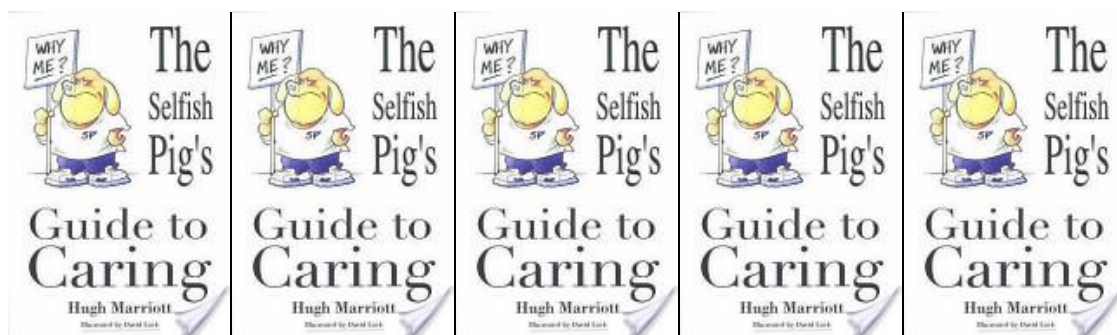
The Selfish Pig's Guide to Caring: How to cope with the emotional and practical aspects of caring for someone. Hugh Marriot

There are people who cheerfully sacrifice time and freedom to care for another human being. They eagerly embrace the onerous task of caring, and are never known to complain about their lot. These people are saints, and this book is not for them.

There are others who are paid to care. Their job is hard and the money not always very generous. Even so, it is a job, and therefore something which can be walked away from at the end of every day. Dedicated workers they may be, but this book is not for them either.

There are others of us who have come reluctantly to caring. We feel bad about our unwillingness, and secretly think of ourselves as selfish pigs. Like pigs in nature, we can be of either sex. Also like real pigs, we are not necessarily, or at least always, disagreeable and unpleasant. But we're certainly obstinate. This book is for us.

Hugh Marriott



"We have needed this book for twenty years; I wish I had been able to read it when I first became a carer". Alison Ryan, Chief Executive, The Princess Royal Trust For Carers