

Tell me your life – a lovely inspiration for adult children and their parents



Jo Eckardt
**Something I Was Going
to Ask You**

[Was ich dich noch fragen
wollte]

A book of memories that joins
together

Kösel Sach-/Fachbuch
128 pages
Format 17,0 x 24,0 cm
September 2019
2c throughout

Jo Eckardt, born in 1961, studied German language and literature and social work in the USA. From 1993 to 2001 she was active as a lecturer, translator, psychotherapist, and psychoanalyst in New York. Since returning to Germany, she has worked as a trauma counsellor and an education advisor. Jo Eckardt has authored many successful publications on the topic of grief and mourning.
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With this book, adult children can give huge joy to their elderly parents, for what they are giving them here is time. Together an album down memory lane is created – it is a companion for the parents, an encouragement for everyone to think back and exchange recollections of the past, and for the children to show their parents how important they have been and still are – their road through life as example for the next generation.

- Getting to talk with one's parents
- Supporting the memory of people with dementia
- Expert guidance for how to work at one's biography