



# Peaceful Breeze

by Mark Carrington

## PRESS RELEASE

*Honest and hopeful reflections of a son navigating the complex emotional and bureaucratic challenges of caring for his mother in her final days.*

In 2014, Mark Carrington's mother was suddenly diagnosed with advanced colon cancer, which quickly became terminal. As a son, he felt a responsibility to care for her and make sure she was as comfortable as possible in her final days. From dealing with the red tape put up by the health industry without any practical guidance to maintaining daily life with the emotional toll of knowing his mother was going to pass and the final process of overcoming his grief, in **Peaceful Breeze**, Carrington recounts the entire journey of being a caretaker to the woman who raised him in full and candid detail.

According to a Harvard University study, the population of those aged 65 and over is projected to surge by 65 percent by 2030. More than just a grief memoir, **Peaceful Breeze** encourages a wider debate about society's view of caring for our loved ones when they are reaching the end of their life. Despite the best intentions of the doctors and nurses around him, the harsh reality is that if Carrington had not been there to advocate throughout her illness, his mother very likely could have fallen through the gaps in a system that is already overloaded with patients. With the advances in medicine increasing the longevity of life and the rapidly growing population of seniors who will need medical care, this discussion is becoming even more vital.

Using the knowledge he gained throughout his experience, **Peaceful Breeze** by Mark Carrington offers a rare look at one of the most personal times in someone's life, providing valuable advice and support for other caretakers facing the same challenge. Genuine and unflinching, hope is found in even the darkest moments of his journey.

**About the author:** Mark Carrington currently resides in London. Already in possession of three master's degrees, he is now planning to earn a PhD in palliative care, inspired by the experience of nursing his mother. This is his first book. **Peaceful Breeze** by Mark Carrington (published by Clink Street Publishing March 14th, 2017 RRP £6.99 paperback and RRP £2.99 ebook) will be available to purchase from online retailers including Amazon and to order from all good bookstores.

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