

*"I couldn't put this book down . . . Rachel Michelberg gives the reader the gift of unfiltered honesty, without excuses or complaints. She shows us how the clarity of a scrupulous heart can guide us through the worst of times. *Crash* is an important story told by a remarkable storyteller."*

—**JOANNE SILVER JONES**, author of *Headstrong: Surviving a Traumatic Brain Injury*

*"I read this book cover to cover and then finally remembered to breathe. *Crash* is a profoundly human story told with grace and raw honesty. Michelberg is courageous enough to put all of herself into the pages, and we are all the better for it. *Crash* will stay with you—in your mind, heart, and gut—for a long time after you finish it."*

—**MARK LUKACH**, author of *My Lovely Wife in the Psych Ward*

*" . . . a skillfully written, riveting account of Michelberg's struggle to sustain herself and her family after a tragic event radically alters their lives. As a mother, she is protective, resourceful and competent as she boldly guides her family forward. Vigilant and vulnerable, she exemplifies a woman who speaks her truth, however hard that is to bear. *Crash* will challenge your own sense of what is important in fighting for a family's well-being."*

—**ANNA PENENBERG**, Amazon best-selling author of *Dancing in the Narrows: A Mother-Daughter Odyssey Through Chronic Illness*

CRASH: ***How I Became a Reluctant Caregiver*** **By Rachel Michelberg**



Rachel Michelberg got the call that her husband, David's, plane had crashed while she was watching an evening TV show with their seven-year-old-daughter. Though he and the pilot survived, David suffered a traumatic brain injury that left him irrational, unable to manage bodily functions, and seizure-prone.

Before the crash, Rachel and David's marriage had been in trouble, but she wanted to be honorable and take care of David so she dove in, navigating hospital hallways, a new medical vocabulary and a lengthy court case.

When she was root-deep honest with herself, though, Rachel knew she couldn't dedicate her life to caring for a man whom she no longer loved. As guilty as she felt, as difficult as it was to tell his family, Rachel knew another solution was necessary, especially now that she was a single parent of two young children, with a business, a terminally ill mother, and a recurring eating disorder.

CRASH: How I Became a Reluctant Caregiver tackles a pervasive dilemma in our culture: the moral conflicts and societal expectations involved in caregiving for a disabled or cognitively impaired family member. In her powerful, honest, and deeply personal account, Michelberg shares the moral questions and other challenges she encountered. From addressing her children's anxiety and Asperger's syndrome to managing her own stress and fears; from facing up to her faltering marriage and yet also giving David the best care and most dignity she could; from accepting her own weaknesses while honoring her strengths, ***CRASH: How I Became a Reluctant Caregiver*** shows how - despite tragedy - Michelberg carved out a strong family and a safe future for all of them.

RACHEL MICHELBERG grew up in the San Francisco Bay Area and still enjoys living there with her husband, Richard, and their two dogs, Nala and Beenie. She earned her Bachelor of Music degree in vocal performance from San Jose State University and has performed leading roles in musicals and opera from *Carmen* to *My Fair Lady* as well as the part of the Mother Abbess (three times!) in *The Sound of Music*. When Rachel isn't working with one of her twenty voice and piano students, she loves gardening, hiking, and making her own bone broth. ***CRASH: How I Became a Reluctant Caregiver*** is her first book. Find her online at <https://www.rachelmauthor.com/>

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RE: ***CRASH: How I Became a Reluctant Caregiver***

By Rachel Michelberg

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