



## Lessons from Jessica: Ultimate Caregiving

**A Longtime Caregiver's  
Inspirational Guide to  
Understanding & Ultimately  
Succeeding at Caregiving.**

**James Walker** is Jessica's Dad and also an award winning author and designer.

Along with his wife Renée, he has been Jessica's 24/7 caregiver since that frosty Halloween night in October 1978, when Renée quietly whispered with tears in her eyes... "something is wrong with Jessica."

In this book he follows up on his award winning first book, by carefully recounting the lessons learned and truths revealed over the years, by their caregiving efforts.

In this sensitive caregivers guide, Walker carefully explains what will help caregivers and their families and friends survive and thrive, now and in the future.

He clearly outlines the pathway to success and offers a down-to-earth explanation of eternal principles anyone can acquire.

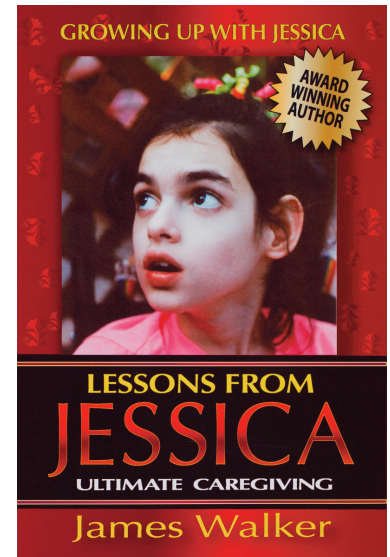
### ***Finding the Way to 'Ultimate Caregiving.'***

This book is passionately written by a caregiver to raise awareness, understanding and support for 'caregivers and their families, friends and observers.'

Walker shares how to breakthrough to 'ultimate caregiving,' highlighting the time-tested and successful principles needed, and the keys to understanding the ultimate privilege of providing the life giving care, for another human soul...

***"...after many years of 24/7 caregiving for our youngest daughter Jessica, the scales finally fell off of our eyes and we beheld the privilege we had been given as caregivers of another human soul. And finally we began embracing the joys and blessings of being an 'Ultimate Caregiver.'"***

James Walker, Jessica's Dad & Author of  
'Growing Up with Jessica: A True Story'  
and 'Lessons from Jessica: Ultimate Caregiving'



Print ISBN: 978-1-944080-00-6  
eBOOK ISBN: 9781944080013

***Practical Guidance to Find the Path.***

Walker suggests practical ways to acquire the commitment, endurance, and unselfish love needed to become what he describes as an 'ultimate caregiver.' Other important topics covered include:

- The Support of Friendships
- Personal Character Development
- Confidence
- The Miracle of Hope,
- Understanding Patience,
- Finding Blessings
- Amazing Joy and Faith,
- Understanding Helplessness,
- The Worth of the Human Soul
- The Privilege of Caregiving



Author & Daughter Jessica, 1984  
Arnold Gold Photo

***Universal & Time-tested Principles***

Jessica's Dad, a full-time caregiver, weaves insights into his narrative from the lives of Viktor Frankel, Mother Teresa, Albert Schweitzer, Ann Sullivan, Helen Keller, Josh McDowell & Jesus Christ, along with his own practical life experiences.

Also included are simple and practical ways to offer support and encouragement to caregivers, and reader study and review questions. Anyone reading this 'caregiver's guide book' will be encouraged and inspired by the Walker family's sensitive and down-to-earth practical experience as 'ultimate caregivers.'

**Title & Author Fact Sheet:**

**AUTHOR:** James Walker                      **DOB:** September 3, 1944

**TITLE:** 'Lessons from JESSICA: Ultimate Caregiving'

**SUB T:** 'A Longtime Caregiver's Inspirational Guide to Understanding and Ultimately Succeeding at Caregiving.'

**SERIES:** 'Growing Up with Jessica' Series-Book 2

**ISBN:**        **PRINT**                      **978-1-944080-00-6 (Available: October 08, 2015)**

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 FAM028000 Family & Relationships : Learning Disabilities  
 FAM033000 Family & Relationships : Parenting - Parent & Adult Child



**AUTHOR BIOS:****120-140 CHARACTER BIO**

James Walker is an award winning author and designer. He is also a 24/7 caregiver for his daughter Jessica, the subject of his two inspirational books about her caregiving.

**75 WORD BIO**

Award winning author and designer, James Walker and his wife Reneé, have been 24/7 caregivers for their daughter Jessica since 1978. She is the subject of his two inspirational books. They cite their many experiences in 'Jessica-land' as the catalyst in their continuing spiritual and emotional growth. They have traveled from despair to surviving and thriving, embracing the privilege they have in the care and nurturing of another human soul as 'Ultimate Caregivers.'

**200-600 WORD BIO**

Award winning author and designer, James Walker and his wife Reneé, have been 24/7 caregivers for their daughter Jessica since 1978. She is the subject of his two inspirational books. They cite their many experiences in 'Jessica-land' as the catalyst in their continuing spiritual and emotional growth. They have traveled from despair to surviving and thriving, embracing the privilege they have in the care and nurturing of another human soul as 'Ultimate Caregivers.'

His inspirational first book, **'Growing Up with Jessica: A True Story,'** was warmly received and has won multiple author awards. His second book, **'Lessons from Jessica: Ultimate Caregiving'** Was released on 'Children's Day' October 8, 2015.

Walker first began writing books because his wife, friends and distinguished writing professionals, kept encouraging him to tell the remarkable and moving story of his baby girl Jessica's affliction.

***"...after many years of 24/7 caregiving for our youngest daughter Jessica, the scales finally fell off of our eyes and we beheld the privilege we had been given as caregivers of another human soul. And finally we began embracing the joy and blessing of being an 'Ultimate Caregiver.'"***

***James Walker, Jessica's Dad & Author of  
'Growing Up with Jessica: A True Story' & 'Lessons from Jessica: Ultimate Caregiving'***

The Walker's caregiving journey began quite unexpectedly on a cold Halloween night in 1978, when Renée arrived home from choir practice and quietly said '...there is something wrong with Jessica...' Suddenly they found themselves in a different world as Jessica's affliction turned their world upside down, and they entered the domain of the caregiver they call 'Jessica-land.'

The story of how the Walker's survived and thrived and grew stronger as they dealt with Jessica's affliction and provided her 24/7 care, was the subject of his first book. Now he has written a guide for caregivers and their friends and family. His latest book shows the way to the path to 'ultimate caregiving' using a step by step, clear concise plan. Emphasis is on practical experience of the Walker family and other more famous caregivers, all using the same tried and true principles.

James Walker resides in the grandeur of Idaho with Renée and their children and grandchildren.

**Walker FUN FACTS:** James Walker with his son Jon were involved in the All-America Soap Box Derby. Jon was a Soap Box Derby Champion and raced in the Akron, Ohio, 1986 World Championships. Jim later started, and was the Race Director, of the 'Mayor's All American Race' in Boise, Idaho. The Idaho SBD race received two national awards for; 'Best New Race' and 'Best Race Director.'

Jim and Renée once got lost in a fire drill in the dark at Disney's Aulani resort in Hawaii where they shined their flashlight in the laundry basket and spotted Mickey and Minnie's clothes!

**MEDIA REVIEW COPIES & PHOTOS:**

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**AUTHOR BLOG:**

'Adventures in Jessica-Land'

**PUBLISHER:**

**GreatNewsPress.com**



**BACKGROUND:**

• **Genres:** NON-FICTION/Parenting/Caregiving/Christian Faith

• **Target Audience:**

Caregivers, their Families, Friends and Observers.

According to the 'The National Alliance for Caregiving' and the 'AARP U.S. National Alliance for Caregiving,' There are an estimated 40 to 60 million caregivers in the USA. The overwhelming majority of these caregivers are non-professionals, they consist of family members and friends. Often times they are thrust into the caregiving role unexpectedly or unwillingly or both. Many struggle to understand and find purpose in their caregiving.

• **What will READERS gain from reading 'Lessons from JESSICA: Ultimate Caregiving?'**

Readers will gain an understanding of how to breakthrough to 'ultimate caregiving' by utilizing the time-tested and successful principles listed, and learn to ultimately embrace the 'privilege' of providing the life-giving care, for another human soul. A clear, concise mental picture of what to do in what order is presented.

This book was written to raise awareness, understanding and support for 'caregivers and their families, friends and observers.' Based on the real life practical experiences of a longtime 24/7 caregiver also highlighting the life experiences of some notable world famous caregivers.

**UNIQUE ATTRIBUTES of "Lessons from Jessica: Ultimate Caregiving"**

- (1) The author is speaking from experience as a 24/7 caregiver since 1978.
- (2) The content is directed at the heart and soul of caregivers and their families and friends.
- (3) The principles and steps to successfully achieve 'ultimate caregiving' are timeless, universal and eternal, and applicable to any caregiving situation.
- (4) This book is not based on theory but on real life experiences of the author and other more well known caregivers.
- (5) Notable 'ultimate caregivers' cited: Viktor Frankel, Mother Teresa, Albert Schweitzer, Ann Sullivan, Helen Keller, Josh McDowell & Jesus Christ.
- (6) The book contains 22 black and white photos.

**Summary of TITLES in the Growing Up with Jessica Series:**

**‘Growing Up with Jessica: A True Story.’**

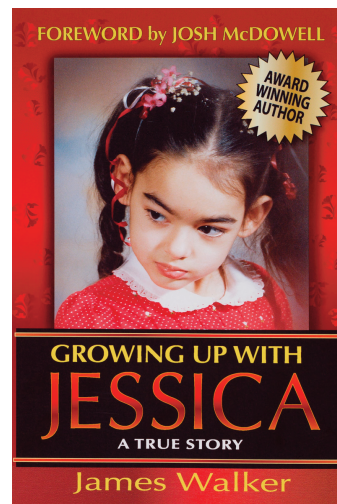
**‘Blessed by the Unexpected Parenting of a Special Needs Child.’**

Christian Choice Book Awards:

First Place Award:’ Best Parenting Book’  
A ‘Grand Prize’ Overall Award Winner

Growing Up with Jessica (Book 1)

10th Anniversary Re-release  
October 31, 2015



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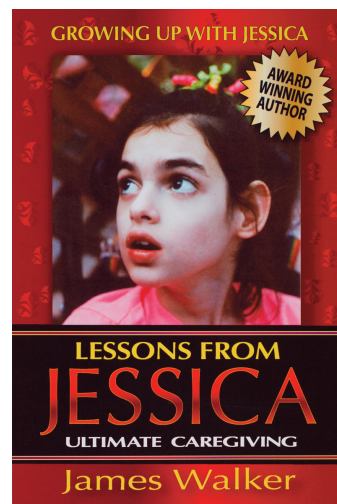
**‘Lessons from Jessica: Ultimate Caregiving.’**

**‘A Longtime Caregiver’s Inspirational Guide to Understanding and Ultimately Succeeding at Caregiving.’**

**NEW** Latest Release

Growing Up with Jessica (Book 2)

Author’s inspirational guide to ultimate caregiving  
Released on ‘Children’s Day’ October 8, 2015



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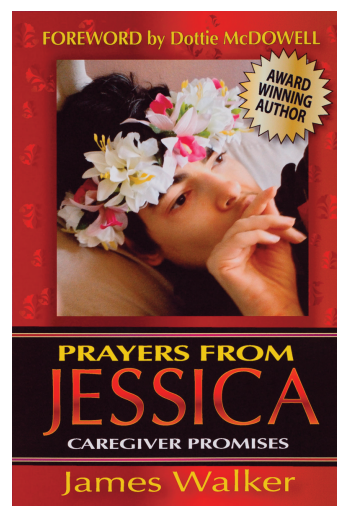
**‘Prayers from Jessica: Caregiver Promises.’**

**‘An Ultimate Caregiver’s Inspirational Sourcebook for Eternal Promises of Comfort, Hope and Joy.’**

**COMING SOON** Summer 2016

Growing Up with Jessica (Book 3)

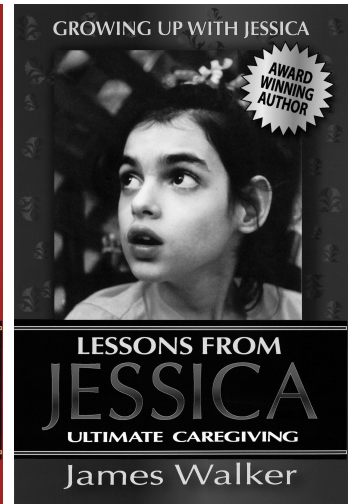
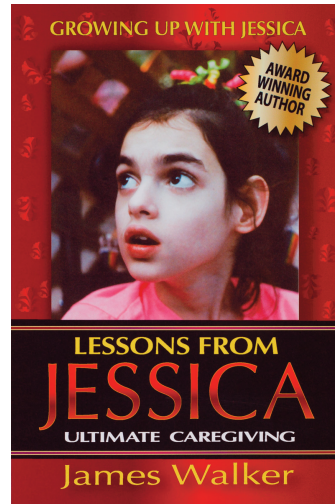
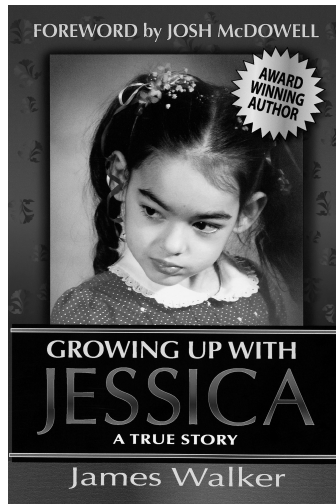
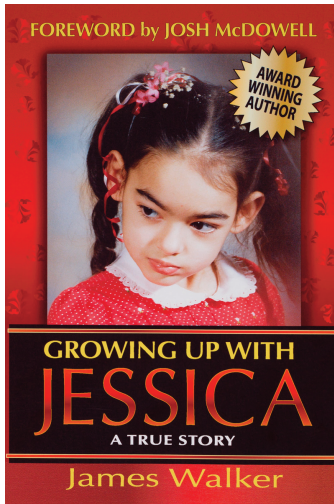
A collection of Bible verses specifically chosen by the author, a longtime caregiver, to give comfort and inspiration to ‘ultimate caregivers’ and their families, friends and supporters.



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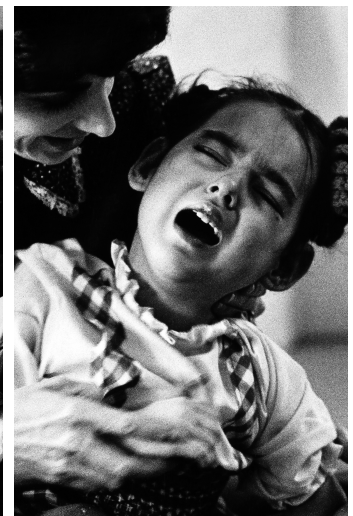
Growing Up with Jessica & Lessons from Jessica  
Arnold Gold Photo (p063)



Growing Up with Jessica  
Walker Archives (p075)



Lessons from Jessica  
Arnold Gold Photo (p039)



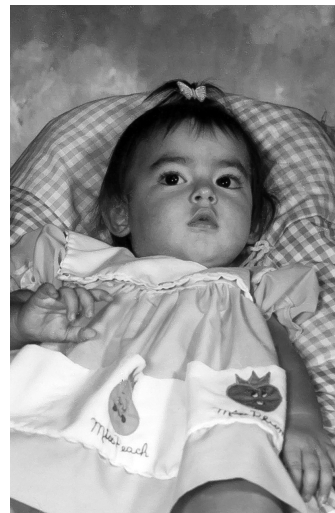
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GUWJ & LFJ  
Walker Archives (p003)



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Growing Up with Jessica  
Walker Archives (p039)



Growing Up with Jessica  
Walker Archives (p095)





**Growing Up with Jessica & Lessons from Jessica**  
Arnold Gold Photo (p087)



**Growing Up with Jessica & Lessons from Jessica**  
Arnold Gold Photo (p111)



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