

In lyrical prose laced with gentle humor, *The Pianist's Only Daughter* follows two creative academics—a pianist and a poet—from their quests for expression and recognition in young adulthood, to their poignant efforts to hold on to their unique gifts and maintain their humanity in old age. The only daughter of this union, a social worker and academic gerontologist, depicts evolving family dynamics across more than six decades, immersed in her parents' vivid emotional lives, their blue moods and infidelities, separations, new love interests, and eventual reconciliation. The author's story culminates in a hero's journey: shepherding her parents through their final years. Despite her professional expertise, terrible constraints and no-win decisions litter the path to finding quality eldercare. Grounded in insights about mental health, health, and aging, and overlaid with a deep devotion to music and words, *The Pianist's Only Daughter* is the story of one family's—one daughter's—experience of the human condition.

About The Pianist's Only Daughter:

"Excellent read! A book I couldn't put down—Kathryn Betts Adams shares an intimate family portrait which is skillfully woven and will resonate with you in your own journey. *The Pianist's Only Daughter* brings the joys and sorrows of caring for aged parents to the forefront and offers spot-on observations of the way early family dynamics reenact themselves in old age. It's a must-read for all facing this stage of life, especially poignant for only children. I will be recommending this book to the adult children of my elderly clients."

~Heidi Sward, LCSW
Geriatric Social Worker
Hamden Connecticut



First-time memoirist, Kathryn Betts Adams, MSW, PhD, grew up in St. Paul, Minnesota and now lives in West Hartford, Connecticut. After a decade of clinical social work practice in mental health, nursing home, and substance abuse settings, she served on the faculty of Case Western Reserve University in Cleveland, Ohio for another decade, where she taught social work practice with adults and older adults. She has published over forty research papers about family caregiving, depression, loneliness, and other aging-related topics and continues to consult and write about mental health, aging and caregiving.

Kathryn Betts Adams
The Pianist's Only Daughter

