

## MEET WOLFGANG SPANGENBERGER

Author of *The Guide to Long Term Caregiving: The Unexpected Marathon* (book and workbook)

**“You never signed up for this race ... and there’s no finish line in sight.”**

That’s how Wolfgang Spangenberg describes the relentless, often invisible journey of long-term caregiving. Whether you’re showing up every day for a spouse, parent or friend, or quietly holding up the one who is doing the care, Wolfgang knows the exhaustion, the uncertainty and the ache of wondering how much longer you can keep going.

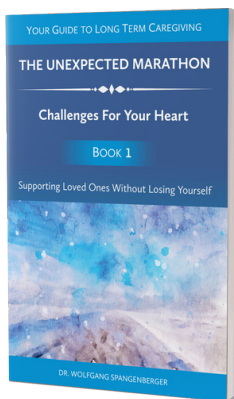
**Almost no one is talking directly to you – the amateur caregiver in long term care – and yet you are carrying one of the heaviest loads of our generation.**

**Wolfgang is one of the few voices bringing both high-level medical expertise and real-world strategies to this overlooked audience. He knows the way through.**



A global pioneering surgeon who helped launch minimally invasive surgery in the 1970s, Wolfgang devoted 30+ years to Oncology Specialty and Chief of Surgery. Throughout that timeframe and then as an actual mediator, Wolfgang became the steady voice for hundreds of families in crisis, guiding them through the emotional storms of illness, aging and the daily grind of care.

## A Lifeline For Those Running A Race They Never Trained For



[Amazon](https://www.amazon.com/dp/1681900000)

Wolfgang’s latest book, *Your Guide to Long Term Caregiving: The Unexpected Marathon* is both a guide and a lifeline. With practical tools, emotional resilience strategies, and deeply human stories, Wolfgang helps “amateur” and professional caregivers:

- Recognize burnout before it breaks them
- Protect their own identity while caring for someone else
- Create home environments that work for both patient and caregiver
- Find moments of hope, humor and dignity in the hardest seasons

Wolfgang is also the creator of *The Long-Term Care Burnout Quiz*, a quick quiz that helps caregivers instantly gauge their risk level and take proactive steps to protect themselves.

A gifted storyteller fluent in both German and English, Wolfgang bridges medical expertise with compassion. His interviews leave listeners feeling understood, equipped and – most importantly – not alone. Here, at last, are practical ways to steady their footing and keep going without burning out.

## Booking & Contact

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## WHY BOOK WOLFGANG?

**Wolfgang Spangenberg is the only voice bringing decades of high-level medical expertise, counselling experience, and practical tools directly to *amateur* long-term care caregivers – an audience almost no one is serving. He is ...**

- ✓ Addressing a rapidly growing and massive, often overlooked audience: family caregivers
- ✓ Bridging advanced medical insight with deep human connection
- ✓ Offering actionable tools that individuals can put to work immediately
- ✓ The creator of the Long-Term Care Burnout Quiz for instant audience engagement
- ✓ Fluent in both English and German for international reach
- ✓ An engaging storyteller with a compassionate, relatable style



**PODCAST**

### Sample Interview Titles for Your Podcast With Wolfgang

- The Caregiver Marathon You Never Signed Up For – and How to Survive It
- Supporting the Supporter: The Hidden Role No One Talks About
- From Burnout to Balance: Tools for the Long Haul of Caregiving
- Creating a Home That Heals Both Patient and Caregiver
- The Hidden Grief of Long-Term Care: What Nobody Talks About

### Sample 5 Podcast Questions

1. You call long-term caregiving “a marathon you never trained for.” Why is that such an important mindset shift?
2. What’s one small change caregivers can make this week to protect their energy?
3. How can caregivers spot burnout before it becomes a crisis?
4. When is it time to bring in professional help – and how do you know?
5. What’s the first step you’d give to someone listening right now who’s already feeling overwhelmed?