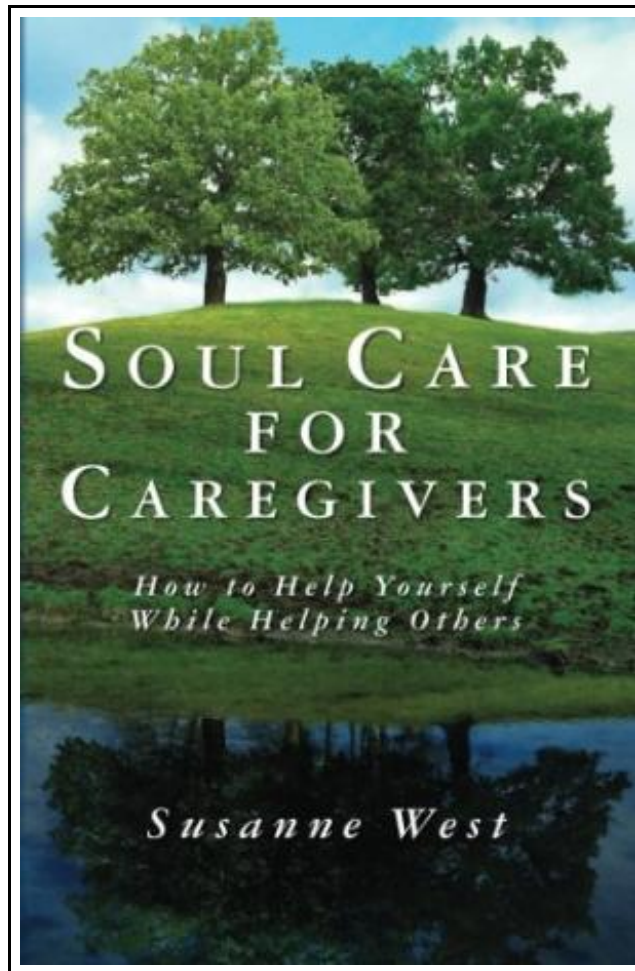


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(Dr. Lukas Hills DDS)

SOUL CARE FOR CAREGIVERS: HOW TO HELP YOURSELF WHILE HELPING OTHERS



Createspace, United States, 2013. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.In *Soul Care for Caregivers: How to Help Yourself While Helping Others*, author and psychology professor Susanne West provides a guide and toolkit for family and professional caregivers that includes practical suggestions, creative processes, action steps, and inspiration to help you care for your mind, body, and soul while caring for others. *Soul Care for Caregivers* explores topics such as: *How to manage the challenges and stressors of caregiving *How to prevent burnout and compassion fatigue *Why healthy boundaries are important and how to set and maintain them *How to identify the soul gifts of caregiving *Why creative expression is good medicine for caregivers *How to access intuition to assist you in caregiving *Resources for information and support *Insights from four family and four professional caregivers *Anecdotes from the author's caregiving experiences To keep caring for others, we must replenish ourselves; otherwise, we start running on empty. In the warm and wise voice of someone who has been there herself, Susanne West offers many effective ways to take care of yourself from the inside out. Her book - full of her own qualities of deep kindness and practical wisdom - is a gift from the heart both to caregivers and to those they help and love. Rick Hanson, Ph.D., author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*.



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