



# Self-Care for Caregivers: A Twelve Step Approach

*Pat Samples, Diane Larsen, Marvin Larsen*

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Are you one of the growing number of people who serves as a caregiver for an aging or chronically ill friend or family member? If so, you probably struggle to meet both their special needs and still find time and resources for yourself. But now there is reason to take heart. The authors of this down-to-earth, encouraging book can help you make the most of the experience without losing yourself in the process. Using the Twelve Steps as a guide, the authors conduct readers through the pitfalls of caregiving--the emotional snarls and strains, daily struggles, competing needs, and questions about confronting pain--providing hope and tangible suggestions on how to stay strong and sane while providing healthy support and love.

"*Self-Care for Caregivers* offers sensitive and sensible guidance for the family caregiver. This is a little book with a big message: how to take care of yourself so you can take care of others." Connie Goldman, producer of the public radio special *Hardship into Hope, The Rewards of Caregiving*; co-author of *Tending the Earth, Mending the Spirit* and *Secrets of Becoming a Late Bloomer*

"This book is an uplifting treasury of hope. The authors gently direct the reader with comforting, practical text that offers empowering caregiving strategies and avenues for emotional and spiritual growth." James and Merlene Sherman, author and editor of the *Caregiver Survival* series.

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Spent a free time and energy to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their friends. Usually they undertaking activity like watching television, going to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could possibly be reading a book can be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try out look for book, may be the e-book untitled Self-Care for Caregivers: A Twelve Step Approach can be very good book to read. May be it can be best activity to you.

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