



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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