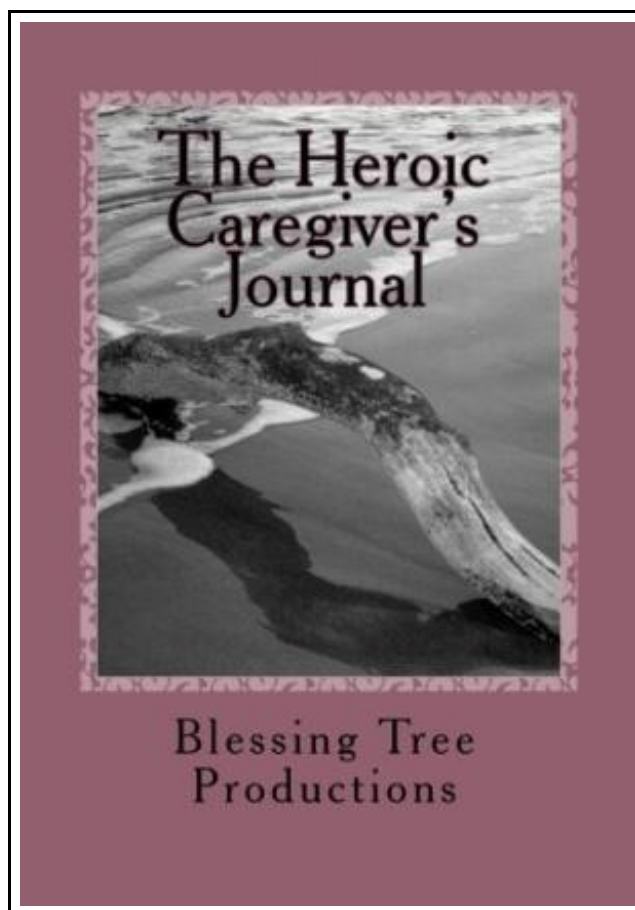


The Heroic Caregiver s Journal (Paperback)



Filesize: 4 MB

Reviews

This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Juliet Mertz)

THE HEROIC CAREGIVER S JOURNAL (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Caregiving isn't for the faint of heart, is it? Chances are you have more worries and far less free time than non-caregivers, you sleep in short chunks of time rather than all at once, and you can't remember what it feels like to not have the weight of the world on your shoulders. That's why you, my friend, are a hero. Yes, it's true. You might not see yourself as such, but to give so much of yourself to lovingly care for another takes courage and strength-probably far more than you ever thought you had-the kind of courage and strength we can readily attribute to those who commit heroic acts but aren't accustomed to assigning to ourselves. But heroes get stressed and worn out too. They need a break and an outlet for expressing emotions and recording events. Keeping a private log of your challenges, triumphs and feelings will help you cope and process what you're experiencing as a caregiver. While journaling should never replace proper medical or mental health care if needed, it is a safe place to work through jumbled thoughts and emotions, and may benefit your overall physical and emotional well-being. According to holistic healing practitioner, Phylameana lila Desy, Writing down your thoughts and feelings is a therapeutic activity. Paper and pen are the tools for your creative expression, joys and sorrows alike. Journaling can be a healing process to help you get in touch with your deepest yearnings, find resolve for problems, and deal with personal issues. You don't need special skills or tools to journal. You don't even have to spell or write well! This...



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Relevant Books



In Nature's Realm, Op.91 / B.168: Study Score (Paperback)

Petrucchi Library Press, United States, 2015. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Composed in 1891, V P irod (In Nature's Realm) is...

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Petrucchi Library Press, United States, 2013. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Composed originally in four movements during 1907-08, Foote dropped the Theme...

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Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the

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**Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications . (Paperback)**

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually

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Mohd Shahrin Bin Daud, United States, 2015. Paperback. Book Condition: New. Siti Haziqah Samsul (illustrator). 244 x 170 mm. Language: Chinese . Brand New Book ***** Print on Demand *****.This book is bilingual (Japanese-English) edition.

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