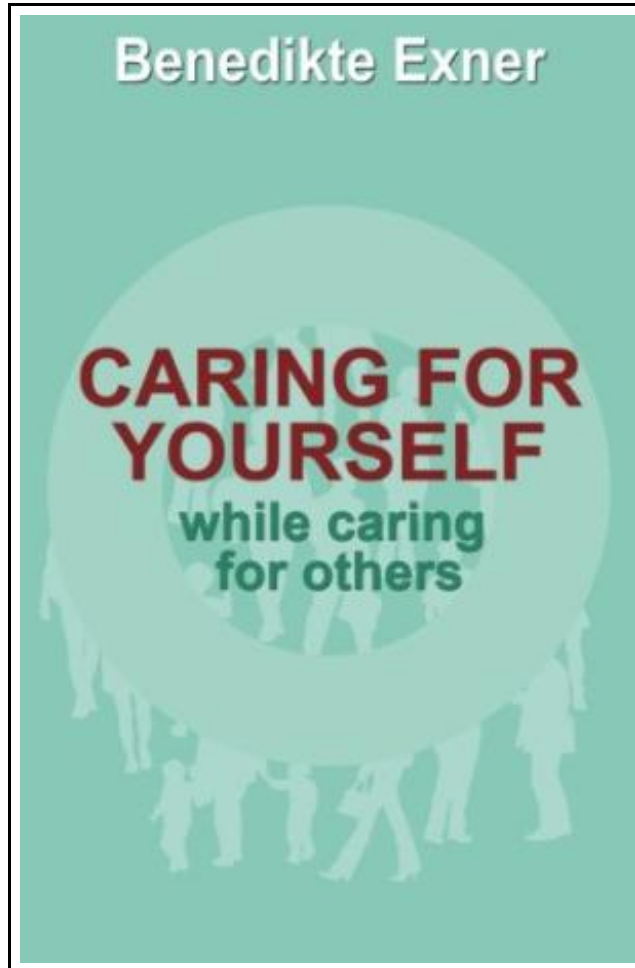


Caring for Yourself While Caring for Others



Filesize: 3.53 MB

Reviews

A fresh e book with a brand new point of view. It is actually written in straightforward terms and never difficult to understand. I found out this pdf from my dad and I suggested this ebook to understand.
(Dr. Lisandro Schuppe MD)

CARING FOR YOURSELF WHILE CARING FOR OTHERS



Createspace, United States, 2014. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.The contemporary management of health and social care has come a long way since the beginning of the twentieth century, when psychological assessment was concerned less with keeping the mind calm and more with correcting social anxiety with often brutal means. Yet in today's world of self-help and counselling techniques for patients, the welfare of those who work as caregivers is often overlooked. Caring for Yourself While Caring for Others is a book for those who work in health and social care professions - from nurses to psychologists - and is about learning to live with your own happiness in order to more effectively help others. This is not a traditional book on self-help and counselling, however. Coming from extensive twenty-year experience in the field of caregiving, the author asks the reader about their social anxiety, always acknowledging that different people have different problems, and therefore will need different coping techniques in order to keep the mind calm, focussed and healthy in the workplace. From issues dealing with the contemporary management of caregiving organisations to the psychological assessment of those who have to deal with trauma in their everyday workspace, at its heart, Caring for Others While Caring for Yourself shows you that learning to live beyond an emotionally demanding job is not just helpful, but critical to the mental and physical wellbeing of all caregivers.



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Hyperion, United States, 2016. Paperback. Book Condition: New. Alexandra Boiger (illustrator). 198 x 129 mm. Language: English . Brand New Book. There s a new resident at the Magical Animal Adoption Agency-but this one hasn...

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**Do Monsters Wear Undies Coloring Book: A Rhyming Children s Coloring Book**

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A #1 Best Selling Children s Book

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The Captain Papadopoulos Publishing Company, United Kingdom, 2012. Paperback. Book Condition: New. Brian Williamson (illustrator). 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Comic Maths: Sue (Key Stage 1,

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