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THE CAREGIVER S READER (PAPERBACK)

The Caregiver's Reader

Options for Feeling, Thinking, & Doing



by Holly Whiteside
Author of "The Caregiver's Compass"

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A good little book to keep around for browsing and absorbing, this collection of writings imparts the essence of the MindfulCaregiving approach for gaining emotional and life balance. Complete with 6+ pages of caregiver resources, as well as the profoundly useful housecleaning exercise, and coaching on how to get help, excerpted from The Caregiver s Compass. The book covers a...

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- Authored by Holly Whiteside
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