



Coaching for Caregivers: How to Reach Out Before You Burn Out (Color Edition)

By Yosaif August

Yes to Life Publishing (Healing Environments Int'l. Paperback. Book Condition: New. Paperback. 146 pages. Dimensions: 8.5in. x 5.5in. x 0.3in. If you're ready to show up for practice, Yosaif's coaching can help you and your loved one get the love and support you need. -Bernie Siegel, MD, Author of Love, Medicine and Miracles; co-author with Yosaif August, of Help Me to Heal (Hay House, 2003) This book promotes caregivers' resiliency and helps them sustain themselves by reaching out for the love and support they and their loved ones need. It addresses the paradox of how difficult it is to help people who are stressed out and overwhelmed without, inadvertently, adding to their stress. This is especially so with caregivers who are at risk of burning out. This lively and easy-to-use how-to manual coaches caregivers - family and friends who are providing care to a loved one - to reach out for help before they, themselves, get so depleted that they burn out (and, in turn, need caregivers for themselves!). It does it in a way that their reaching out does not become just another item on their to-do list. In his introduction, Yosaif August, the author, invites caregivers...



READ ONLINE
[2.95 MB]

Reviews

It is one of the best books. Better than never, though I am quite late in starting to read this one. You won't feel monotony at any moment of the time (that's what catalogues are for regarding in the event you check with me).

-- **Dr. Kristin Dickens**

Comprehensive guide for publication lovers. It absolutely was written really flawlessly and valuable. You won't really feel monotony at whenever you want of your own time (that's what catalogs are for concerning if you ask me).

-- **Rowan Gerlach II**