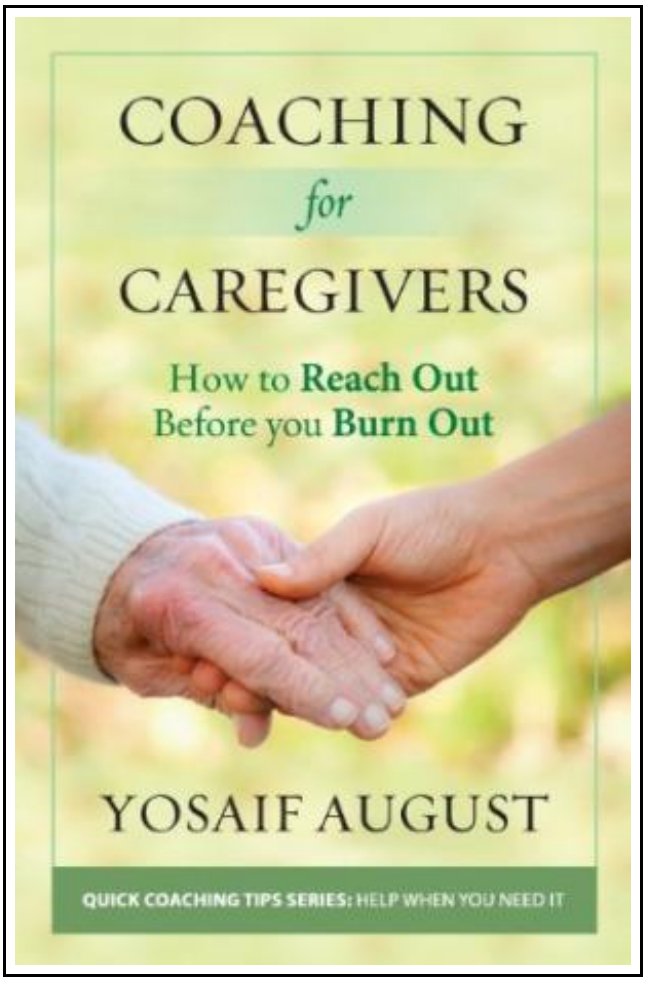
Coaching for Caregivers: How to Reach Out Before You Burn Out (Color Edition)



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COACHING FOR CAREGIVERS: HOW TO REACH OUT BEFORE YOU BURN OUT (COLOR EDITION)

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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 youre 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 to use the book as a just-in-time resource - to leaf through it, find topics that speak to them and then use it in a series of ten minute reads. Part One of the book coaches them to take stock of what they need, what their strengths and resources are, and any beliefs they have that may be holding them back from reaching out for love and support. Part Two coaches them in finding the best ways for them to do it, including using the new caresites i. e. free websites for them to use in communicating with people who...

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