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Taking The Edge Off Care Giving

TAKING THE EDGE OFF CARE GIVING

CONCEPTS AND CASES FOR CARE GIVERS

KATERENA VERONICA LOVETT MHS

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Synopsis

This is a work booklet that should be used and taught to every person in the care giving field whether it is an in home or in a faculty health care worker. Also for the person who is a care giver for a relative. There is no room for error here and it is very valuable from the experience that I have learned as well as from the knowledge I have experienced. It also teaches the caregiver to be aware of the needs of themselves at the cost of their own health and mental health. There are no winners or losers here rather lives and the lives of others as well. This is an intense inter active work book that I use when I teach classes on care giving and I am always happy to see there are people who have learned valuable lessons from my book as I know we are not made with directions and this is a very fragile group of people who need the skills I offer in this book and it is self guided in that I do not give you the answers but rather help you seek the knowledge I offer and the ability to write your own feelings and thoughts down as we go along into each chapter.

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