



Guide For Caregivers

Benjamin Pratt

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In one out of three households, someone is a caregiver: women and men who give of body, mind and soul to care for the well being of others. These millions need help, more than financial and medical assistance. They need daily, practical help in reviving their spirits and avoiding burnout. Who are these caregivers? They are folks who have lived this tough life and felt the agonies and the boredom, yet they have extended compassion with a gentle word or a tender touch. As caregivers, they know anger, frustration, joy, laughter, purpose, mortality and immortality. This book is drawn from the wisdom of many caregivers and we have taken their advice: these are short, easy-to-read sections packed with wisdom and practical help! This book is designed to let readers jump in almost anywhere and explore at their own pace. Considering the millions of people worldwide who are caregivers, this book also is great for small-group study.

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