



## Affirmations for Family Caregivers: Words of Comfort, Energy, Hope (Paperback)

By Harriet Hodgson

Boutique of Quality Books, 2015. Paperback. Condition: New. Language: English . Brand New Book. Caregiving can be difficult, even on its best days, and staying upbeat is one of the most loving things that a caregiver can do for the care receiver--the person they provide care for and love so much. Reading affirmations is a quick and easy form of self-care that can help caregivers stay balanced and optimistic, which lends itself to a calm, healing environment. This book of affirmations has been created specifically for caregivers and is grouped into chapters with titles that caregivers understand: caregiving tasks, safeguarding health, appreciating the day. . . which makes it easy to flip right to the section that offers the support that is needed at that moment. At the end of the book, author Harriet Hodgson provides guidance on how to write affirmations for those who want to go just a step farther. This is Book 2 in the Family Caregiver series.



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### Reviews

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