

CPR for Caregivers



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CPR for Caregivers uses Grant Watkins's personal journey as a caregiver to teach communication skills that reduce the risk of burnout. Through a career in human services providing housing to seniors and people with chronic physical and mental disabilities, Grant has discovered strategies that help achieve life balance and self-renewal. His lessons will help you assist, encourage, and nurture family, friends, and people in need. CPR for Caregivers is an easy-to-understand guide that will renew your mind, body, and spirit. You will discover how to: Connect with yourself and others so that you can deal with the daily challenges of caregiving. Project a positive sense of self-worth that will encourage others to be self-reliant. Reflect on positive thoughts that will empower you into action and restore your energy.

作者介绍:

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