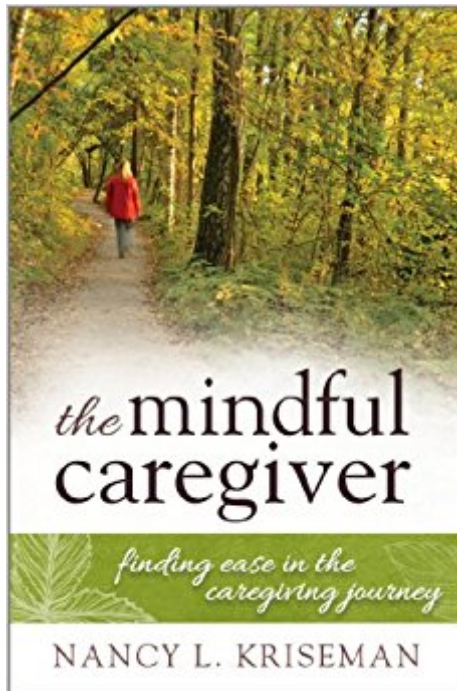




Ebook Directory
the best source of ebook

The book was found

The Mindful Caregiver: Finding Ease In The Caregiving Journey



Synopsis

Caregiving can be enormously challenging, terrifically rewarding, and potentially draining. Caregivers often wonder how they will navigate the tumultuous waters of caregiving and not lose themselves completely. The Mindful Caregiver highlights two major approaches to help transform the journey: adopting a practice of mindfulness, which helps caregivers become more self-aware and fully present with the person with whom they are caring, and honoring “the spirit-side” of caregiving which offers new ways of connecting to one another. These approaches take into account not just the needs of the care recipient, but also the needs of the caregiver and other people in his/her life. Remembering to care for oneself when someone else is in great need can be difficult, but with the suggestions and tips in this book, any caregiver can cultivate routines and practices that benefit everyone. Solutions that caregivers can use in their day to day routines are provided, so caregivers who use them can feel more empowered and hopeful. Using real stories throughout, Nancy Kriseman offers self-care exercises and addresses a wide variety of subjects such as setting realistic expectations, making the best possible decisions, advocating effectively, and evaluating available resources and services. The Mindful Caregiver provides inspiration, encouragement, and guidance for finding ease in the caregiving journey. By emphasizing both mindfulness and the spiritual dimension, caregivers can reap the gifts of caregiving, appreciate the special moments, and find strength during the challenging times.

Book Information

File Size: 4949 KB

Print Length: 232 pages

Publisher: Rowman & Littlefield Publishers; 1 Reprint edition (February 27, 2014)

Publication Date: February 27, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00JHC7RXK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #500,952 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #32

in Kindle Store > Kindle eBooks > Medical eBooks > Physician & Patient > Home Care #70

in Kindle Store > Kindle eBooks > Medical eBooks > Physician & Patient > Caregiving #80 in Kindle Store > Kindle eBooks > Medical eBooks > Physician & Patient > Caregiving

Customer Reviews

The Mindful Caregiver is a thoughtful book and an enjoyable read written from the heart based on the author's years of experience as a geriatric social worker and as a caregiver for her mother with Alzheimer's disease. The book provides practical approaches to caregiving and presents the often painful challenges in an easy to read format using real cases to illustrate and support the points. Kriseman explores coping strategies for the caregiver, how to advocate for the elder, navigate the health care system, and utilize support services. Throughout the book she emphasizes that taking care of oneself is essential for providing the best care for the care recipient and for sustaining that care over months to many years. As a practicing physician, I believe the book, while geared to caregivers of elders with terminal illnesses, provides many valuable points that can be applied to everyday life, and to caregiving for the chronically ill of all ages.

I can glean some information from this book, but it focuses primarily on care of an elder. My husband is only 45 and not incapacitated, so I was looking for general support. I know my situation is rare and I have not found any sort of support group so I guess thinking this book might help was unrealistic, but I did try. Some of the ideas make sense, but if you are in a situation where you don't have an individual with dementia who needs to be under constant nursing care this really doesn't offer too many ideas. Again, a few that apply across the board, but not much. I was disappointed because I was hoping for more.

This book crams a lot of hard-learned wisdom into a very few pages. The chapters describe in very few words things that it's taken me years and years to learn. Right on target, highly comforting, very sensible advice. Highly recommended.

Very helpful book!

Caring for my wife and dealing with most of the issues in this book really brought this book's subjects into focus. In some cases it has helped anticipate those problems that are almost sure to come.

I have had to be a caregiver and think the tips will help caregiver. Also, had some funny touches and as a caregiver you definitely need humor. I bought an extra one for a gift for someone going thru the caregiving process.

Great information for anyone on a caregiving journey.

Found very helpful

[Download to continue reading...](#)

The Mindful Caregiver: Finding Ease in the Caregiving Journey Family Caregiving: A Step-by-Step Guide to Successful Caregiving Family Caregiving Across the Lifespan (Family Caregiver Applications series) The Dementia Caregiver: A Guide to Caring for Someone with Alzheimer's Disease and Other Neurocognitive Disorders (Guides to Caregiving) Caregiver Triumphant: How to overcome stress and thrive in your role as a family caregiver Japanese with Ease, Volume 1 (Assimil with Ease) (v. 1) Love in the Land of Dementia: Finding Hope in the Caregiver's Journey A Caregiver's Journey: Finding Your Way Savor: Mindful Eating, Mindful Life The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation The Caregiving Season: Finding Grace to Honor Your Aging Parents Finding Meaning with Charles: Caregiving with Love Through a Degenerative Disease Gay Dating Success: Finding Real Love and Intimacy In a Straight World (Real Love, Sex, Finding Women, Finding Men Book 1) An Unintended Journey: A Caregiver's Guide to Dementia The Mindful Vegan: A 30-Day Plan for Finding Health, Balance, Peace, and Happiness Living in a Mindful Universe: A Neurosurgeon's Journey into the Heart of Consciousness Spiritual Caregiving: Healthcare As A Ministry Family Caregiving in the New Normal Managing Alzheimer's and Dementia Behaviors: Common Sense Caregiving

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)