



Affirmations for Family Caregivers

By Harriet Hodgson

Writelife, United States, 2015. Paperback. Book Condition: New. 229 x 154 mm. Language: English . Brand New Book. Harriet Hodgson has cared for three generation of family members her mother, husband, and twin grandchildren. The affirmations in this book come from Harriet s eighteen years of caregiving experience, with more years to come. In 2013 her husband s aorta dissected and he had three emergency operations. Surgeons managed to save her husband s life, but he suffered a spinal stroke during the last operation, and his legs are paralyzed. Hodgson is his caregiver and, when she needed a boost, she started writing affirmations. Once she started, Hodgson couldn t stop writing them, and a few dozen grew into the hundreds in this collection. Affirmations are a form of self-care, Hodgson explains. Reading an affirmation in the morning can set the tone for your caregiving day.



READ ONLINE
[1.14 MB]

Reviews

This ebook is great. It typically will not expense a lot of. You will not sense monotony at at any moment of your own time (that's what catalogs are for about when you question me).

-- Shaniya Torphy PhD

A new e-book with a brand new point of view. I really could comprehended everything out of this written e publication. I realized this publication from my dad and i encouraged this publication to understand.

-- Ashlee Gulgowski