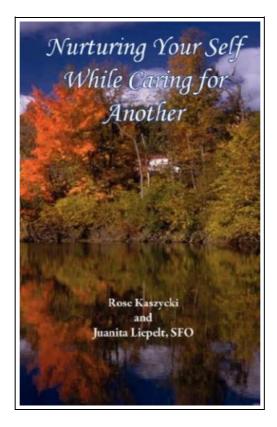
# Nurturing Your Self While Caring for Another (Paperback)



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# Reviews

This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me).

(Jamar Stracke)

#### NURTURING YOUR SELF WHILE CARING FOR ANOTHER (PAPERBACK)



Realityisbooks.Com, Inc., United States, 2007. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Nurturing Your Self While Caring for Another is for all those who face the prospect of caring for aging parents. The reflections shared in this book are written from their hearts, with the hope that readers will find the hope and courage, sprinkled with a smile and sense of humor, to carry on through what can be a very difficult time. Drawing on their own experiences, sisters Rose Kaszycki and Juanita Liepelt impart 31 days of inspirational thoughts, one for each day of the month, that point out the importance of the care you give to your self. We hope that something in this little book will help you make good decisions in the care of your loved ones, and to understand that the most important decision you will make is to take good care of your self. Rose Kaszycki is a certified massage therapist, with a background in oncology massage. She is also a certified infant massage instructor. Rose is currently volunteering at Rush University Hospital, Chicago, working with cancer patients at the Cancer Integrative Medicine Program. Juanita received a B.S. in applied psychology from Loyola University Chicago, and an M.A. in pastoral studies from the Institute of Pastoral Studies/Loyola University Chicago. She is a Grief Recovery(r) Specialist and received training from The Grief Recovery Institute(r). Juanita has created a series of workshops based on the practice of mindfulness and spiritual growth.



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