



Finding Time to Care for Me: A Nurse's Guide to Self-Care

By Mia Redrick, Lorna Imperial

Finding Definitions, LLC, United States, 2009. Paperback. Book Condition: New. 198 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Finding Time to Care for Me: The Nurse's Guide to Self-Care is a must read book that shows you how to make time to become a better caregiver by acknowledging and nurturing your own needs in your daily schedule. Mia Redrick a winning self-care coach, popular radio host and motivational speaker, shares her turn-key self-care system to empower healthcare professionals to practice better self-care. Lorna Imperial has expertise as RN and an outstanding International Meeting Planner specializing in self-care cruises. This union has allowed this team to marry their expertise that addresses the needs of those that care for others. Together Mia and Lorna provide the answers to find time; grow personally, and self-connect while assigning meaning to their lives. Practical and inspirational, Finding Time to Care for Me: The Nurse's Guide to Self-Care will teach you powerful strategies to practice daily with self-care essential steps to refueling the nurturer. Make time to care for you by reading Finding Time to Care for Me: The Nurse's Guide to Self-Care.



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS