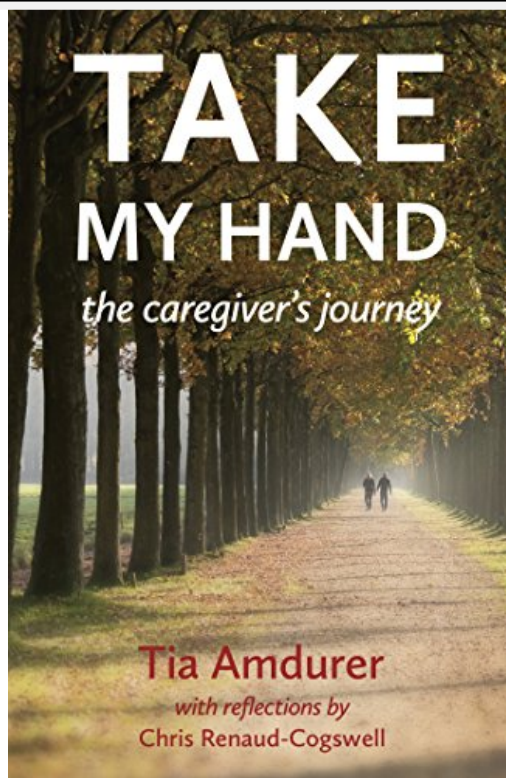

PDF Online Take My Hand: The Caregiver's Journey - Online



Book detail

- Title : PDF Online Take My Hand: The Caregiver's Journey - Online
- isbn : B078TPNJBP



Book Synopsis

***Take My Hand* is a welcome, practical guide for the emotional journey of caregiving.**

The caregiver's twisting and emotional journey is often bittersweet, combining feelings of exhaustion, reflection, love, frustration, delight, denial, connection, and loneliness. Just as they have taken on hand-holding for a loved one who needs multi-faceted support, many caregivers understandably feel overwhelmed and find themselves wishing for someone to guide them. *Take My Hand* is that resource.

Written by Tia Amdurer, a Licensed Professional Counselor with a background in hospice, bereavement, grief, and loss, *Take My Hand* is structured into stand-alone chapters that can serve as a practical guide while navigating the different aspects of care for a loved one during the final years.

Within each chapter are the witty, insightful, and heartfelt commentaries from Chris Renaud-Cogswell, penned as she took on the role of caregiver for her parents. Pages for note-taking and journaling are formatted to encourage self-reflection along the way.
