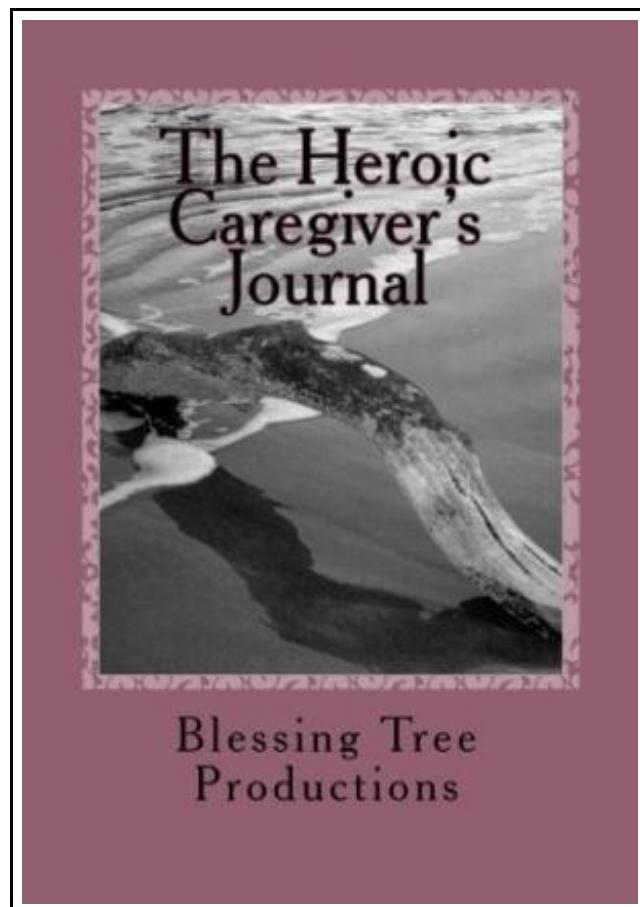


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Createspace, United States, 2014. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Caregiving isn t for the faint of heart, is it? Chances are you have more worries and far less free time than non-caregivers, you sleep in short chunks of time rather than all at once, and you can t remember what it feels like to not have the weight of the world on your shoulders. That s why you, my friend, are a hero. Yes, it s true. You might not see yourself as such, but to give so much of yourself to lovingly care for another takes courage and strength-probably far more than you ever thought you had-the kind of courage and strength we can readily attribute to those who commit heroic acts but aren t accustomed to assigning to ourselves. But heroes get stressed and worn out too. They need a break and an outlet for expressing emotions and recording events. Keeping a private log of your challenges, triumphs and feelings will help you cope and process what you re experiencing as a caregiver. While journaling should never replace proper medical or mental health care if needed, it is a safe place to work through jumbled thoughts and emotions, and may benefit your overall physical and emotional well-being. According to holistic healing practitioner, Phylameana lila Desy, Writing down your thoughts and feelings is a therapeutic activity. Paper and pen are the tools for your creative expression, joys and sorrows alike. Journaling can be a healing process to help you get in touch with your deepest yearnings, find resolve for problems, and deal with personal issues. You don t need special skills or tools to journal. You don t even have to spell or write well! This...

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