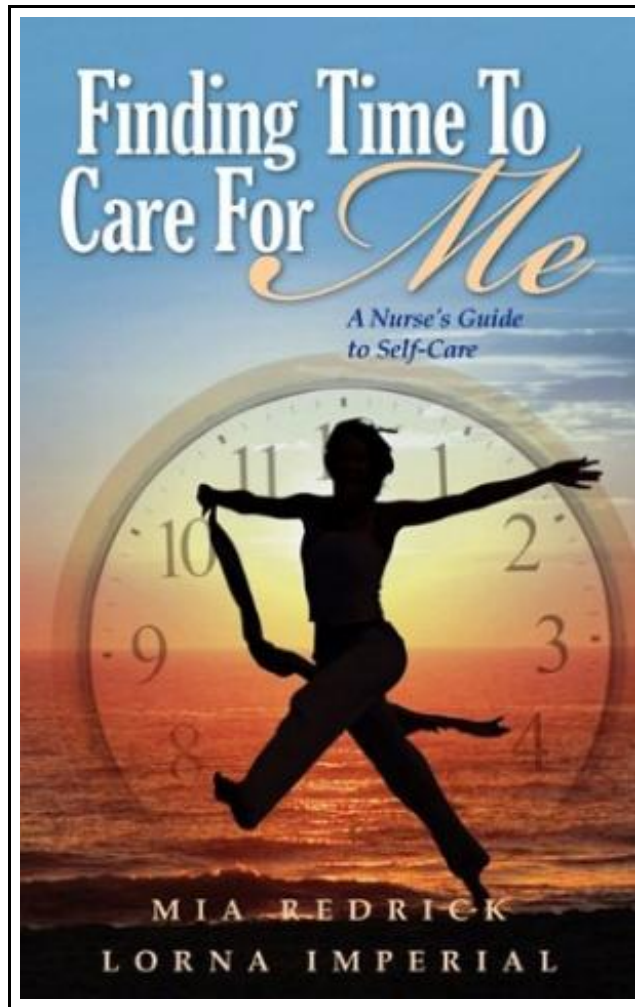


Finding Time to Care for Me: A Nurse's Guide to Self-Care (Paperback)



Filesize: 4 MB

Reviews



This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Juliet Mertz)

FINDING TIME TO CARE FOR ME: A NURSE S GUIDE TO SELF-CARE (PAPERBACK)



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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Relevant Books

**Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)**

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday...

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**Dude, That's Rude!: (Get Some Manners) (Paperback)**

Free Spirit Publishing Inc., U.S., United States, 2007. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Kids today need manners more than ever, and Dude, That's Rude! makes it...

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**See You Later Procrastinator: Get it Done (Paperback)**

Free Spirit Publishing Inc., U.S., United States, 2009. Paperback. Book Condition: New. 175 x 127 mm. Language: English . Brand New Book. Kids today are notorious for putting things off- it's easy for homework and chores...

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**The Case for the Resurrection: A First-Century Investigative Reporter Probes History's Pivotal Event (Paperback)**

ZONDERVAN, United States, 2010. Paperback. Book Condition: New. 180 x 127 mm. Language: English . Brand New Book. The Case for the Resurrection, a ninety-six-page booklet from bestselling author Lee Strobel, provides new evidence that...

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**The Magical Animal Adoption Agency Book 2: The Enchanted Egg (Paperback)**

Hyperion, United States, 2016. Paperback. Book Condition: New. Alexandra Boiger (illustrator). 198 x 129 mm. Language: English . Brand New Book. There's a new resident at the Magical Animal Adoption Agency-but this one hasn't...

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