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## Handbook for the Compassionate Ones-Helping Professionals and Caregivers: 7 Highly Effective Habits to Stay Energized, Motivated, and Sane (Paperback)

By Donna H Kater

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book identifies pitfalls and problems that come with being a helping professional or a caregiver. These people are in danger of being stressed, burned out, and getting health problems themselves. This book provides helpful keys which are solutions to the most common issues that surface out of taking care of others over an extended period of time. It is filled with thoughtful ideas and ways of thinking to assure that these compassionate ones know what they can do to keep energized, motivated and in balance. This book is not just a list of self-care tips. Based on her extensive knowledge of Oriental Medicine and Counseling, Donna provides practical information about using ancient wisdom to combat modern day issues. She blends her knowledge of both Eastern and Western wisdom to create a unique experience for the reader. Each of the seven habits of self-care are paired with an aspect of nature. Donna guides the reader in following clues from nature to discover useful activities for each habit. For example, the habit of nourishing yourself is paired with Earth. The image of...



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