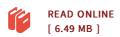




Spiritual Sinkholes: A Practical Guide to Avoiding Compassion Fatigue

By Dr Jim Caruso

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Many clergy experience a debilitating stress condition called Compassion Fatigue. Church leaders leave ministry for many reasons such as moral failure, financial stresses, marital problems, burnout, and Compassion Fatigue. Many of these outcomes are a direct result of a lack personal self care. This book will encourage the reader to realize that self-care is not selfish. Compassion Fatigue is not easily recognized, but its effects on ministry leaders are clearly visible. Church leaders are vulnerable to Compassion Fatigue through their care-giving role. Compassion Fatigue can be defined as the cost of caring too much. This book will help the reader understand the signs and symptoms of Compassion Fatigue and presents practical life applications that will lead to a pattern of healthy Sabbath rest and self-care practices. The application of these disciplines will help prevent Compassion Fatigue and greatly improve health, strength, and longevity in ministry and family. A former paramedic with the BC Ambulance Service in Victoria; 5 years full time; 20 years part-time in different communities in BC and the Yukon; a volunteer fire...



Reviews

The ebook is fantastic and great. It really is basic but unexpected situations within the fifty percent in the book. Its been written in an exceptionally basic way in fact it is only after i finished reading through this ebook by which actually modified me, modify the way in my opinion.

-- Ms. Donna Parker MD

These types of book is the perfect pdf available. I actually have study and that i am sure that i will planning to read through again again in the foreseeable future. Its been designed in an exceedingly basic way which is simply soon after i finished reading through this publication in which basically changed me, modify the way i believe.

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