



Helping Yourself Help Others: A Book for Caregivers

Rosalynn Carter, Susan K. Golant

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The chances are good that every one of us will become a caregiver at some point in our lives. We come to this challenge in the most personal way possible—we want to help someone we love, but we don't know how, and we're afraid of losing ourselves in this daunting task. If you have picked up this book, you are probably a caring person. You may prove that every day by helping someone who is elderly or developmentally disabled or who suffers from a physical or mental illness.

It helps to know that Rosalynn Carter, former First Lady and a director of the Rosalynn Carter Institute for Human Development, which is committed to studying caregiving issues, knows firsthand the challenges of this labor of love. From her own personal experience as a caregiver for her father and grandfather and from that of hundreds of caregivers she has encountered before, during, and since her years in the White House, Mrs. Carter knows that caregiving can be rewarding, but also lonely, stressful, confusing, and frustrating.

In *Helping Yourself Help Others*, Mrs. Carter writes, "Caregivers give so much of themselves and sometimes receive very little in return. The purpose of this book is to encourage you, to empathize with you, and to advocate for your special needs. I hope it will help you have an easier and more enjoyable life."

Mrs. Carter addresses the issues most caregivers face. How do you avoid burnout—the sense of feeling completely overwhelmed and unrewarded? How do you balance your responsibilities as a caregiver with the rest of your life? How can you enlist the aid of other family members? How can you educate yourself about your loved one's condition and work more effectively with the health care team? When is an institution the right choice for your loved one? How can you access helpful associations, literature and government aid? (A helpful appendix lists hundreds of resources.)

Helping Yourself Help Others is a rare combination of a warmly personal account of caregiving and a reassuring, clear-eyed guidebook that offers practical solutions to caregiver's typical problems. Filled with empathy, this sensitive, encouraging guide will help you meet a difficult challenge head-on and find fulfillment and empowerment in your caregiving role.

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People live in this new day time of lifestyle always try and and must have the time or they will get wide range of stress from both way of life and work. So , once we ask do people have extra time, we will say absolutely of course. People is human not really a huge robot. Then we ask again, what kind of activity do you possess when the spare time coming to you of course your answer will certainly unlimited right. Then ever try this one, reading books. It can be your alternative in spending your spare time, the actual book you have read is definitely Helping Yourself Help Others: A Book for Caregivers.

John Tammaro:

In this period globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. The actual book that recommended to you personally is Helping Yourself Help Others: A Book for Caregivers this book consist a lot of the information from the condition of this world now. This specific book was represented so why is the world has grown up. The vocabulary styles that writer value to explain it is easy to understand. The actual writer made some analysis when he makes this book. Here is why this book appropriate all of you.

Elizabeth Black:

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