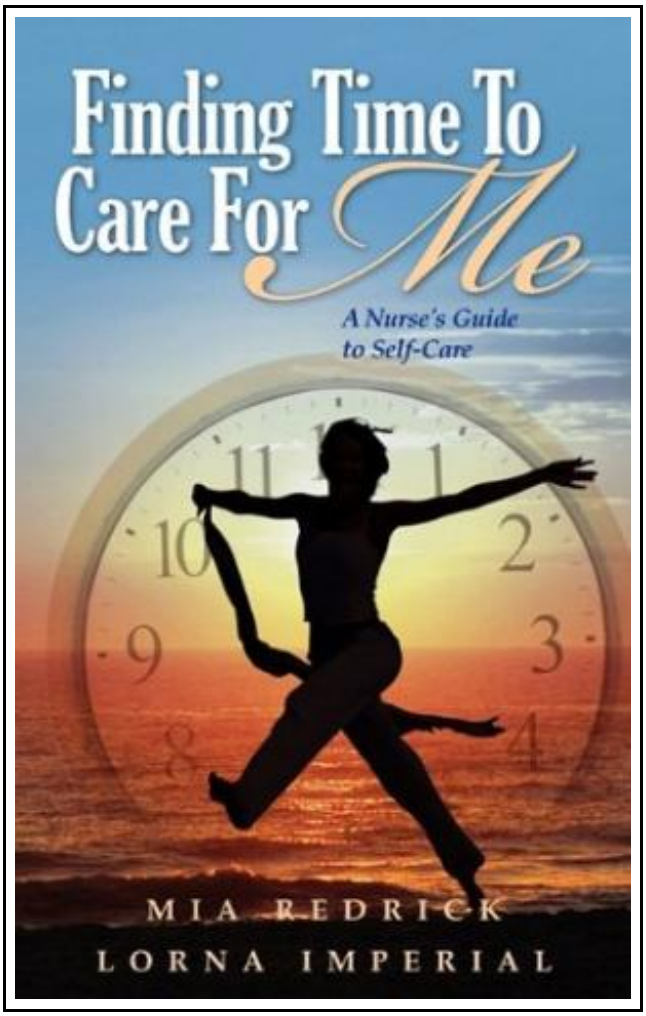
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Finding Definitions, LLC, United States, 2009. Paperback. Book Condition: New. 198 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Finding Time to Care for Me: The Nurse s Guide to Self-Care is a must read book that shows you 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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