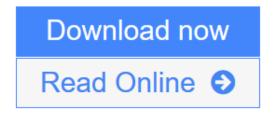


Become A Compassionate CareGiver: Reduce Stress. Avoid Burnout.

Richard Anastasi



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In his book, Become a Compassionate CareGiver. Reduce Stress. Avoid Burnout, Richard Anastasi relates how he dealt with the stress of being the CareGiver for his mother as she was dying from primary biliary cirrhosis. He shares proven strategies that make it possible for CareGivers to cope with the stress of care giving. As Anastasi says "the essence of being a CareGiver is to become a compassionate presence and listener. Yes, there are tasks to do, problems to solve, but the attitude you bring to what you do makes all the difference. For at some point, there may be nothing left to do for the person you are caring for. That's when having learned how to be a compassionate CareGiver will be invaluable."

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