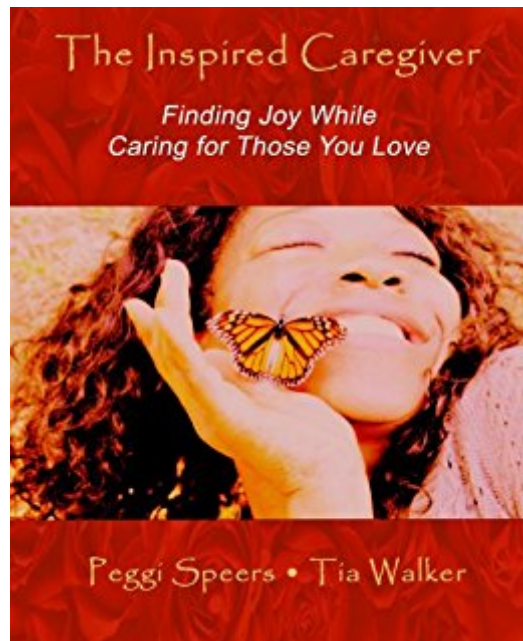


The book was found

# The Inspired Caregiver - Finding Joy While Caring For Those You Love



## Synopsis

The Inspired Caregiver is a must • for you if: • You have suddenly become a caregiver • You are caring for a loved one who has Alzheimer's or another type of Dementia • You are caring for a difficult person (Could it be they have Narcissistic Personality Disorder?) • You feel feelings of guilt, overwhelm, resentment, irritability, and/or depression • You place your needs last on your daily priority list • You feel lonely, isolated, and hesitant to ask for help • You feel as if your life isn't yours anymore Caregiving isn't for the weak! To stay healthy, every day matters! We need to claim our nutrients, claim our rest, claim our • time! The Inspired Caregiver shows you how to: • Balance life and caregiving responsibilities • Care for Yourself While Caring for Others • Eliminate Guilt and Other Useless, Negative Emotions • Identify and Respond to the Warning Signs of Burnout • Transform Yourself Into an Inspired Caregiver, And More! If you are a caregiver, this is a book you dog ear, underline, write in, and keep with you throughout your caregiving journey for inspiration and strength. The information in this book, if implemented, might save YOUR life.

## Book Information

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## Customer Reviews

"The Inspired Caregiver" is written in an honest and candid way, with lots of good quotes and tips for success and survival in caring for another person while living with a sense of sacred joy in life. Written in a "Pay it Forward" sincere manner, Peggi and Tia have created a gentle connection between the life lessons they have learned, and a personal lifeline for those caregivers who perhaps are isolated and in need of an understanding guide that can only come from someone who has "been there". This is a little jewel of a book.

My wife and I are taking care of my 88 year old mother. It has been very challenging though, we wouldn't have it any other way. This book not only gives you loving advice and guidance, but it gives you resources on specifically where to go for help and it shares the experiences of other caregivers. Two thumbs up for the writers of this book.

I loved reading this book! I have been in a position of caregiving for many years and wish I would have had this back at the beginning. There are so many gold nuggets scattered throughout that pop into my mind as situations in my real life. Peggi and Tia reminded me that caregiving does not have to diminish the joy of living my life, it adds to it! Thank you so much!

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