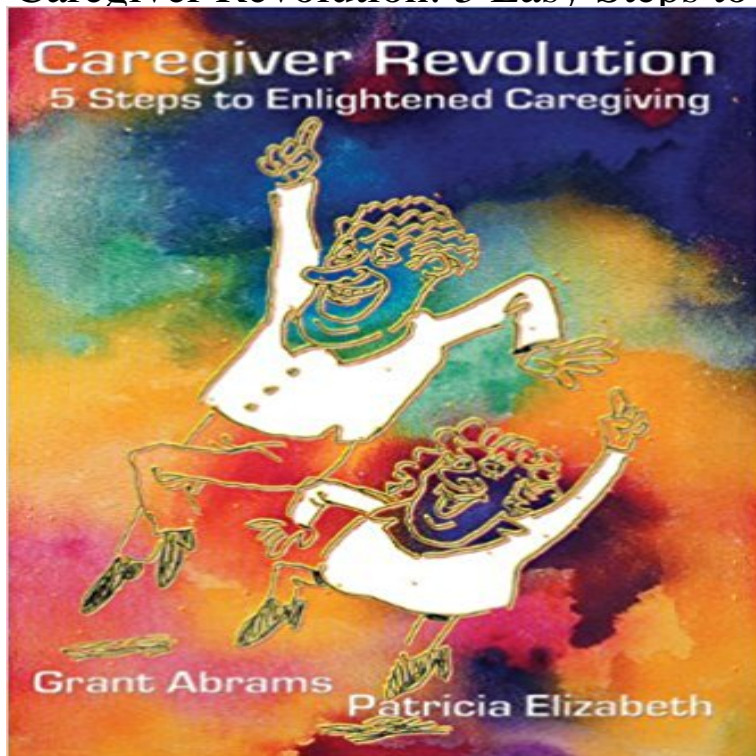


Caregiver Revolution: 5 Easy Steps to Enlightened Caregiving



Packed with detailed information and practices for infusing caregiving with spirituality and hope, this book provides simple tools for the practice of mindfulness amidst the stress of the caregiving environment. Straightforward and practical methods are provided for dealing with crisis situations and a section is included on how a caregiver can assist someone who is facing his or her death. With a light and accessible tone, the book's practical information is supported by real-life anecdotes and humorous illustrations.

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