



Caregiving from Your Spiritual Strengths: The Ten Fundamental Principles for Optimal Success (The Spiritual Strengths Healing Plan)

Dr. Richard P. Johnson Ph.D.

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This book is built on the central conviction that caregiving can be one of the most instructive endeavors that you can ever enter; it presents you with a curriculum of personal growth and development unlike any other. Caregiving is sometimes stern, frequently frustrating, occasionally overwhelming, consistently demanding, and always challenging. Yet, on the other hand, caregiving brings many gifts: you will never learn patience like you will in the caregiving role, or kindness, or compassion, or peace, or wisdom, or simplicity, or courage like caregiving can teach it. When you cooperate with caregiving, when you flow with caregiving, it can shape you into the true "you" that you have always wanted to be. If, on the other hand, you resist or fight against caregiving, it can wear you down and even wear you out. Read this book to learn ten fundamentals that will guide you through this time in your life.

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