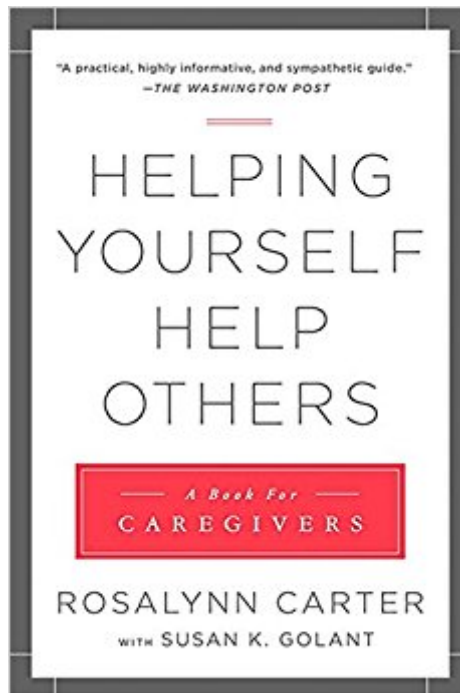




The book was found

Helping Yourself Help Others: A Book For Caregivers



Synopsis

The chances are good that every one of us will become a caregiver at some point in our lives. We come to this challenge in the most personal way possible; we want to help someone we love, but we don't know how, and we're afraid of losing ourselves in this daunting task. If you have picked up this book, you are probably a caring person. You may prove that every day by helping someone who is elderly or developmentally disabled or who suffers from a physical or mental illness. It helps to know that Rosalynn Carter, former First Lady and a director of the Rosalynn Carter Institute for Human Development, which is committed to studying caregiving issues, knows firsthand the challenges of this labor of love. From her own personal experience as a caregiver for her father and grandfather and from that of hundreds of caregivers she has encountered before, during, and since her years in the White House, Mrs. Carter knows that caregiving can be rewarding, but also lonely, stressful, confusing, and frustrating. In *Helping Yourself Help Others*, Mrs. Carter writes, "Caregivers give so much of themselves and sometimes receive very little in return. The purpose of this book is to encourage you, to empathize with you, and to advocate for your special needs. I hope it will help you have an easier and more enjoyable life." Mrs. Carter addresses the issues most caregivers face. How do you avoid burnout; the sense of feeling completely overwhelmed and unrewarded? How do you balance your responsibilities as a caregiver with the rest of your life? How can you enlist the aid of other family members? How can you educate yourself about your loved one's condition and work more effectively with the health care team? When is an institution the right choice for your loved one? How can you access helpful associations, literature and government aid? (A helpful appendix lists hundreds of resources.) *Helping Yourself Help Others* is a rare combination of a warmly personal account of caregiving and a reassuring, clear-eyed guidebook that offers practical solutions to caregiver's typical problems. Filled with empathy, this sensitive, encouraging guide will help you meet a difficult challenge head-on and find fulfillment and empowerment in your caregiving role.

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Customer Reviews

Rosalynn Carter is president of the board of directors of the Rosalynn Carter Institute for Caregiving (RCI), whose mission is to understand the caregiving process and discover new ways to assist formal and informal caregivers. She is the bestselling author of *First Lady from Plains*, *Everything to Gain: Making the Most of the Rest of Your Life* (with Jimmy Carter), the first edition of *Helping Yourself Help Others: A Book for Caregivers* (with Susan K. Golant), *Helping Someone with Mental Illness* (with Susan K. Golant), and *Within Our Reach: Ending the Mental Health Crisis* (with Susan K. Golant and Kathryn E. Cade). The former first lady resides in Plains, Georgia, with her husband, Jimmy Carter, the thirty-ninth president of the United States, and is his partner in the global work of The Carter Center in Atlanta, Georgia. Susan K. Golant is an award-winning health writer who has written nearly forty books. She also collaborated with Mrs. Carter on *Helping Someone with Mental Illness* and *Within Our Reach: Ending the Mental Health Crisis*. She lives in Los Angeles.

Well written and many good suggestions and topics for caregivers. Good addition to library for facilitators and caregivers alike.

Love the book

All of the products I've ordered arrived in good condition and when expected. It would help to know where products are made. I strive to buy products that are made in the USA.

If you are a 'caregiver' it is critical that you find the resources you need for your own personal 'self-care.' Rosalynn Carters book is a must have if you find yourself in the caregiver role. Reaching out, asking questions, asking for help, and maintaining self-care is not a selfish act but important for your own personal well-being as well as the person you care for. Read this book, it is very helpful.

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