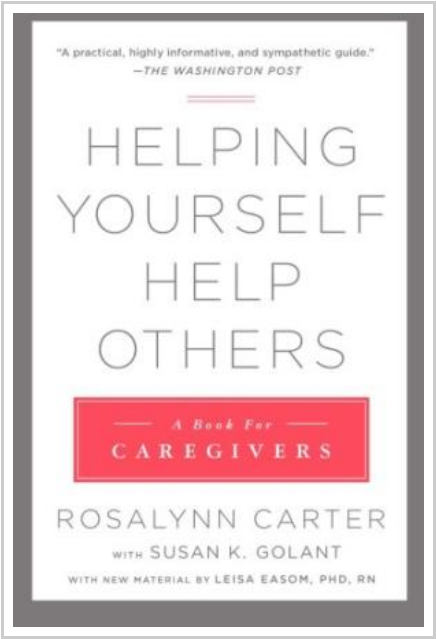


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Helping Yourself Help Others

By Susan K. Golant

PublicAffairs. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.3in. x 5.5in. x 0.7in.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. The purpose of this book is to encourage you, to empathize with you, and to advocate for your special needs. 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 caregivers typical problems. Filled with empathy, this sensitive, encouraging guide will help you meet a difficult challenge head-on and find...

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