



The Caregiver's Compass: How to Navigate with Balance & Effectiveness Using Mindful Caregiving

Holly Whittelsey Whiteside

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The Caregiver's Compass gives you back the reins of your well-being and emotional balance. Step by step the author coaches you down a sure and gentle path to greater peace. Through 36 short sections and seven chapters, you learn to apply three basic well-being principles to the emotional arenas of caregiving.

Journaling prompts at the end of each section let you make the learning your own. PRAISE FOR THE

CAREGIVER'S COMPASS: "What a marvelous book, a true gift for caregivers. The holistic approach and practical tools empower the caregiver to reflect, grow and experience the beautiful rewards of the sacred

work of caregiving. Ms. Whiteside has shown that caregiving is an opportunity to enrich one's life that can

be a mutually beneficial experience for both the person receiving care and the person providing care. This

book truly "cares for the caregiver." It feels like a warm hug of support reaching out from the pages to the

caregiver. It provides insight, understanding and invaluable tools that empower the caregiver, allowing them

to take control over a situation that may have them feeling as if they are spinning out of control. "The

Caregiver's Compass" guides a person on the journey of caregiving so that the journey itself becomes a gift

to be treasured and a true growth experience for the caregiver. Ms. Whiteside and her book will touch many

lives for the better."-Susan M. Berta RN, LNHA, Eden Educator, Culture Change Guide "A reflective,

compassionate guide through the heart-rending challenges of providing care to a loved one. Ms. Whiteside's

extremely thorough, well-structured approach to caregiving is both practical and thoughtful. I wish I had it

available to me twenty-five years ago. If you're struggling to provide care to a aging parent or disabled loved

one, you need this book."-John O'Leary, Senior Consultant/Coach, Tom Peters Company

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