



Because I Care...: Inspiration for Caregiving for Spouses, Health Care Personnel, Family & Friends (The Spiritual Strengths Healing Plan)

Dr. Richard P. Johnson Ph.D.

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Caregiving is sometimes stern, frequently frustrating, occasionally overwhelming, consistently demanding, and always challenging. For this reason, you need all of the strength you can get - and what better way than to harness your unique spiritual strengths during this time. The Because I Care book explains the Spiritual Strengths Healing Plan and then goes on to inspire caregivers through 30 positive statements about this important role.

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