



Nursing by Heart: Transformational Self-Care for Nurses

By Julie Skinner

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Nursing by Heart: Transformational Self-Care for Nurses, Julie Skinner, Nursing by Heart explores the author's personal and professional journey discovering truly effective self-care and the profound impact this has had on her. Each chapter explores a key component with examples from the author's life, giving activities and tools for readers to experience core self-care techniques that are simple, effective and transformational. The book draws on ancient wisdom to create new possibilities for all nurses currently practising and struggling with carer fatigue, and encourages empowerment by teaching energy management, allowing them to take responsibility for their health, as physical, emotional, thinking and spiritual beings.



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Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- Audra Klocko PhD

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Germaine Welch