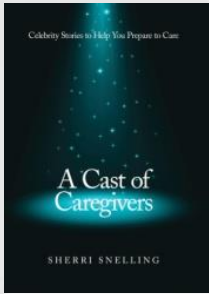
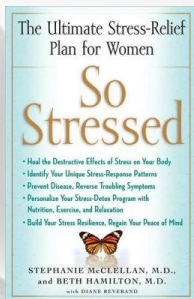


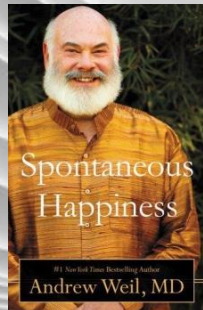
Booklovers List: Caregiver Health & Wellness



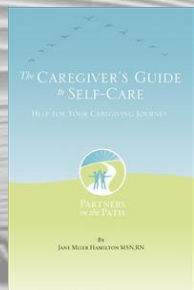
A Cast of Caregivers – Celebrity Stories to Help You Prepare to Care
 Sherri Snelling
 Balboa Press, division of Hay House Publishers (2013)
Celebrity caregiving stories, a “what to expect when you’re caregiving” sourcebook and a guide to self-care while caregiving.



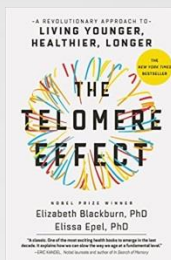
So Stressed – The Ultimate Stress Relief Plan for Women
 Stephanie McClellan, M.D. and Beth Hamilton, M.D.
 Free Press (2010)
Based on research and science, these two doctors provide the case for managing stress for women. Reviewing the devastating health impacts and providing solutions – great book for caregiver self-care tips.



Spontaneous Happiness
 Dr. Andrew Weil
 Little Brown & Company (2012)
From the master of wellness, a look at depression and emotions which prohibit happiness. Interesting chapters on nature deficit disorder and ways to create calm in a busy life. Great read for caregivers suffering from sadness, depression and a sense of being overwhelmed.

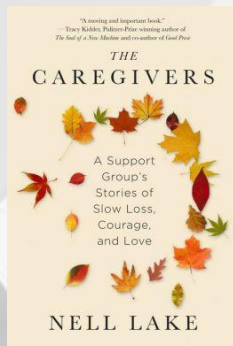


The Caregiver’s Guide to Self-Care
 Jane Meier Hamilton
 Infinity Publishing (2011)
Personal stories, professional advice from psychiatric nurse, recognizing caregiver stress questionnaires, resources



The Telomere Effect
 Dr. Elizabeth Blackburn and Dr. Elissa Epel
 Grand Central Publishing (2017)
Winning the Nobel Prize for her theory of stress impact on aging and longevity. Drs. Blackburn and Eppell show us why stress is a caregiver’s No. 1 Enemy with one year of chronic stress taking up to six years off our lives.

Booklovers List: Caregiver Health & Wellness



The Caregivers – A Support Group’s Stories of Slow Loss, Courage and Love

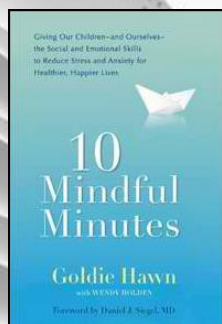
Nell Lake

Scribner(2014)

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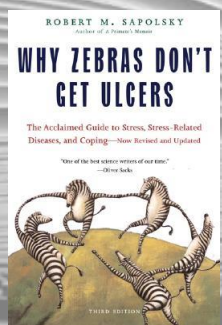


Ten Mindful Minutes

Goldie Hawn with Wendy Holden

Perigee Trade (2012)

A practical guide for adults and children to learn mindfulness techniques inspired by the Hawn Foundation’s MindUp program about behavioral, psychological and neurological studies to help alleviate stress, deal with emotions and improve brain health and learning skills.

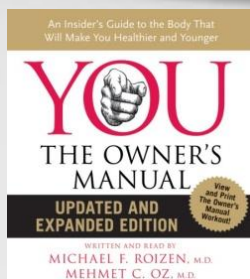


Why Zebras Don't Get Ulcers – The Acclaimed Guide to Stress, Stress-Related Diseases and Coping

Robert M. Sapolsky

Holt Paperbacks (2004)

Written by Stanford University biologist and neurologist, interesting glimpse into the impact of stress on sleep, anxiety, addiction and spirituality. A great read for caregivers who feel unable to cope.



You: The Owner’s Manual

Dr. Mehmet Oz and Dr. Michael Roizen

William Morrow (2008)

America’s favorite doctors offer the definitive book on caring for you – the mental and physical make-up that makes us better. With humorous analogies on how to really understand our bodies and minds.