



Caregiver Triumphant: How to overcome stress and thrive in your role as a family caregiver

Vena Stewart-Semprie

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If you are or a family member is in the role of a caregiver, I cannot encourage you enough to read Caregiver Triumphant by Josephine Stewart-Semprie. As one who has worked in the hospice and home health fields for many years, I found Josephine's words compassionate and inspiring as she shares her own personal experiences as a longterm caregiver and wisdom she has gleaned from caregivers and professionals alike. Caregiver Triumphant makes a great gift for family members that need encouragement and direction as they face this very important time and responsibility in their lives. -Larry E. Quicksall, LCSW; Former Hospice Social Worker, Author of "We Need to Talk: A practical guide for those facing terminal illness." I found this book to be very helpful because the author understands the issues and hardships from personal experience. The practical advice is helpful and the spiritual material is uplifting. This book is a valuable asset for caregivers. -Amelia Thompson; Nurse This easy read book on "Caregivers and Caregiving" addresses the 5 W's: Who, What, Why Where and When. The book is well written, carries a wakeup call to those who care for their loved ones without concern of the effect such a process would have on them. This book outlines first hand experiences into the steps required to ensure the care given in both directions is consistent and carefully administered with the love and understanding of both the giver and receiver. This read is not restricted to current caregivers, but also those who are receiving or in the process of looking into Caregiving. A MUST READ. -Calvin Clarke

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