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## Affirmations for Family Caregivers (Paperback)

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By Harriet Hodgson

Writelife, United States, 2015. Paperback. Book Condition: New. 229 x 154 mm. Language: English . Brand New Book. Harriet Hodgson has cared for three generation of family members her mother, husband, and twin grandchildren. The affirmations in this book come from Harriet s eighteen years of caregiving experience, with more years to come. In 2013 her husband s aorta dissected and he had three emergency operations. Surgeons managed to save her husband s life, but he suffered a spinal stroke during the last operation, and his legs are paralyzed. Hodgson is his caregiver and, when she needed a boost, she started writing affirmations. Once she started, Hodgson couldn t stop writing them, and a few dozen grew into the hundreds in this collection. Affirmations are a form of self-care, Hodgson explains. Reading an affirmation in the morning can set the tone for your caregiving day.



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