

# The Caregiver's Tao Te Ching: Compassionate Caring for Your Loved Ones and Yourself

William Martin, Nancy Martin



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Those who care for the ailing, whether helping someone recover, grapple with a long-term disability, or face a terminal illness, often feel alone, overwhelmed, exhausted. William and Nancy Martin have worked as counselors, hospice trainers, and Zen guides — and as caregivers to Nancy's late mother. With empathy and insight, they offer readers solace drawn from the wisdom of the Tao Te Ching.

Like the original Chinese text, this book contains eighty-one chapters. Each chapter includes a poem for caregivers, evocative of the verses of the Tao Te Ching, followed by a reflection that presents practical guidance for navigating the emotional and physical hardships of caregiving. The resulting resource gently awakens readers to the grace, growth, and even joy possible at each step along their path.

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Playing with family in a very park, coming to see the water world or hanging out with close friends is thing that usually you could have done when you have spare time, and then why you don't try thing that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love The Caregiver's Tao Te Ching: Compassionate Caring for Your Loved Ones and Yourself, you can enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't buy it, oh come on its referred to as reading friends.

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