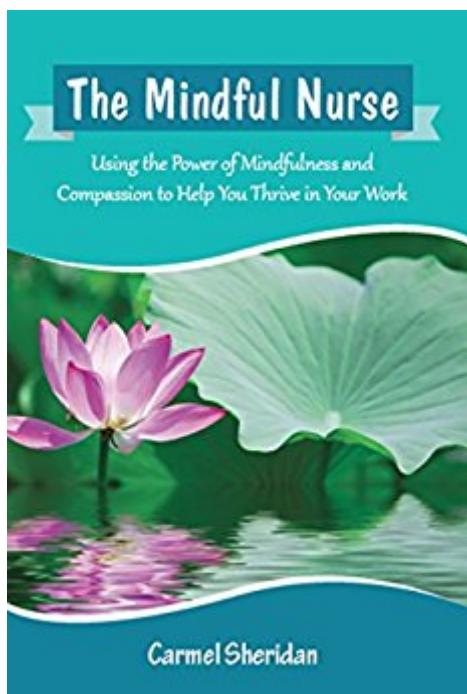


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# The Mindful Nurse: Using The Power Of Mindfulness And Compassion To Help You Thrive In Your Work



## **Synopsis**

After reviewing this book, I strongly suggest that every nurse across the globe purchase a copy, and that every school of nursing make this book part of their required reading. My reasons are two fold: not only does this book help nurses provide cutting-edge, patient-centred care, but it also provides strategies for self-care and personal enrichment at the same time. Very few books offer such rich and meaningful rewards! June Kaminsky, RN, MSN, PhD, Editor in Chief, Canadian Journal of Nursing InformaticsNurses work in the foxhole of the healthcare battlefield. Their work is emotionally grueling and physically draining. This easy-to-follow book offers a new skill set to cope with the challenges of nursing and sustain compassion in the long term. Backed by scientific evidence, the book teaches mindfulness and compassion practices to lessen stress, enhance relationships, improve patient care, and reduce patient risk. With a new understanding of everyday mindfulness and compassion, nurses can overcome the myriad contemporary challenges inherent in the workplace—and in their own lives. This book will show you how to: Nurture others without depleting yourself Overcome compassion fatigue and burnout Decrease frustration and job overwhelm Reduce mistakes through managing attention Respond rather than react to crises Revive your love for your profession

## **Book Information**

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## Customer Reviews

Having friends who are nurses and hearing about their daily work stresses and responsibilities, I was trying to think how to help them with their own self-care which in turn will enable them to care even better for their patients. I just happened upon this book while I was visiting a friend in Ireland and after read bits and pieces decided I had to buy the book and gift them with a copy. Although specifically written with the nurse in mind and addressing their specific needs, it also spoke to me as an alternative health practitioner (I read the book in full before gifting, shh, don't tell) and believe it would benefit anyone working in a stressful environment. This book is not only well-laid out, clear and easy to understand, but gives concrete examples of how nurses can develop ways to care for themselves - easily and simply. It also shows ways nurses can provide deeper quality care and compassion for their clients despite their heavy loads and responsibilities. Nurses need as much acknowledgment and gratitude that we can give them for their important work. I think this book should be part of the curriculum of every nursing school.

Well written, informative, back up with research and specific examples. Useful guide for any professional, but especially nursing.

Great for older busy nurse , even if your not a nurse great book

Great book really enjoyed it

Caregiver fatigue is a huge issue for nurses. We lose far too many nurses in the first 3 years of their careers to burnout. The Mindful Nurse offers up multiple options and ways avoid compassion and caregiver fatigue and to empower nurses to thrive and enjoy their careers. One of the best self-help books for nurses. Should be in every nurse's library and atop the gift list for new nurses.

This is worthwhile book for anyone in the caring professions. It is jam packed with solid, sensible advice and everyday examples of situations that nursing professionals find themselves facing, and how / their jobs lead to extreme stress and burnout. Although not a nurse myself, I have a very good friend who is and I know from listening to her tales of woe that this book rings very true. I think that this book should be standard reading for all Nurses... it's excellent. Maria McMahon Author, Law of

## Attraction Shortcut Secrets

Our nurse tutor introduced us to this book recently and we tried out some of the practices in class. I try to use them daily and feel less stressed. The author emphasizes that it's all about the practice, so hopefully I will be able to keep it up! Worth 5 stars for sure.

This is an outstanding book and really gets to the crux of being a mindful nurse. It is filled with many examples and one can easily find oneself and a way through. Thanks you Carmel, for doing this magnus opus (great work) for so many nurses.

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