



Caregiving -The Inspirational Manual: 200 Caregiver Tips with Healthy Lifestyle Benefits

Jr Odell Lendor Glenn

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Everyday caregiving is indeed uncharted territory and happens to be one of the toughest jobs that there can and will ever be. Care giving can suddenly become the responsibility for any one at any age without notice. In order to be an effective person and not burn out, one must take the necessary steps to keep life balanced in terms of what one as a human being can and cannot do, but yet still pursue individual self -worth. After several years as a full time caregiver, I have used these tips to fixate my life in becoming both a doctoral candidate as well as maintaining a successful ministry without caregiver neglect. Under the circumstances, I could have easily given up aspirations or settled for mediocre in terms of career and ministry. But it takes prayer, wisdom, patience, dedication, hard work, faith and hope to be able to juggle these daily endeavors and yet uphold quality service. There are no regrets. I do believe that the journey and the disappointments along the way form the best in you. My hope is that you will use this book as a model and see yourself as a winner. My prayer is that as you daily care give, you become the best overall individual in terms of health, emotional well-being and purpose that you were destined in life to be. My prayers continually go out for both you and your care recipients.

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