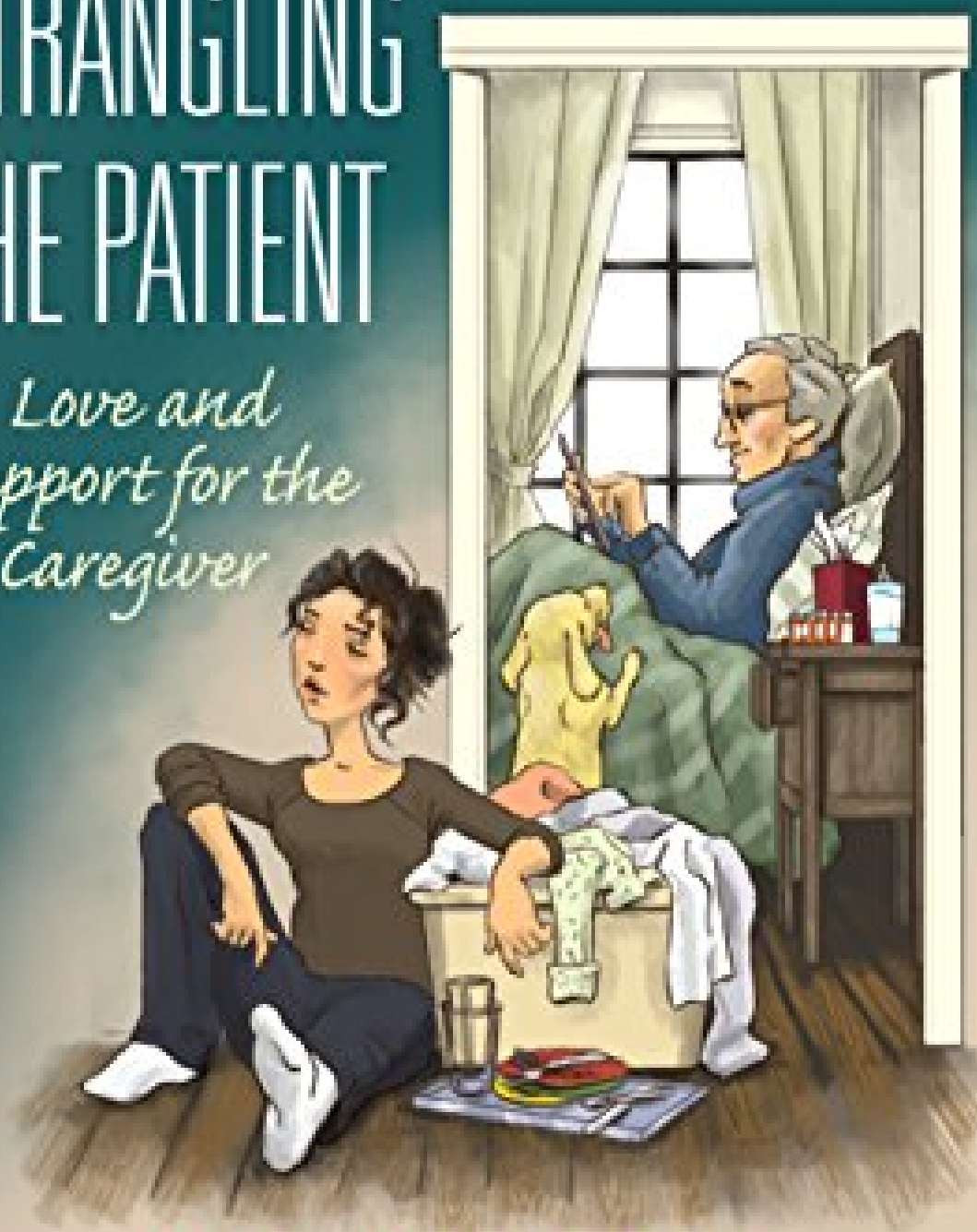


# WHEN YOU FEEL LIKE STRANGLING THE PATIENT

*Love and  
Support for the  
Caregiver*



LAUREN SIMON

Lauren Simon

## When You Feel Like Strangling The Patient



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With humor, compassion, and vulnerability, Lauren wrote her publication to empower caregivers all over the world to openly embrace and talk about their own feelings. Simon quickly learned how little practical, do-this-now info was available to those who are thrust into the function of caregiver. When her hubby Stephen Simon (film producer of What Dreams WILL COME and Somewhere with time) barely survived a heart attack during which his heart stopped four situations, Ms. As she lovingly helped her husband convalesce (and their six adult kids deal with the trauma they as well got experienced), she was shocked to get how many powerful feelings she and other caregivers feel but seldom discuss. In When You Feel Like Strangling THE INDIVIDUAL (Love and Support for the Caregiver), author Lauren Simon gives tone of voice to the frustration, confusion, and anger that caregivers experience but tend to be afraid to express.



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Loved it! I bought this reserve and finished it in a single day! I love Lauren Simon's honest tone of voice. Caregivers reading this will experience validated and noticed because she was truthful about her very own experience during and pursuing her husband's coronary attack. I don't know that I've in the past heard about anyone honoring the the households that go through the trauma when a loved on includes a coronary attack or other lifestyle threatening event. The author's depiction of her personal experience during the actual heart attack(s)?this perspective is similar to a blessing and admonition to grow in one's own caregiving journey both with the patient and with one's support circle. It really made me pause to take into account how families which are witness to trauma are often left to pick up the pieces, and expected to become sudden caregivers in addition, without training and or small support. This book gives caregivers permission to feel the wide range of emotions which come up, even the negative ones, when your world is turned ugly because of being thrust in to the caregiving role. But that's only one facet of the book. It is also funny and certainly a love story. Loving, Tender & I would recommend it for caregivers and in addition for family and friends of those in caregiving functions, to greatly help them better understand and understand how they could be of help. In every crises, there is a wealth of love lessons which are given, and received. Lauren combines humor, compassion, and practical exercises into this heartfelt self-help book that's ideal for anyone who instantly finds themselves in the role of caregiver. Wonderful book This book is quite real down to earth!" Sensible, Potent Suggestions for Caregivers and the ones who Love Them Practical advice - read it before you will need it. Throughout her journey, she reminds the reader that in every crises, there exists a wealth of like lessons which are given and received. As she so beautifully puts it, "... it is the sweet, simple gestures in life which means that probably the most to the core. Caregivers get tips about how to establish healthy boundaries while providing quality care with their loved ones in need. Because when you do require it - you can't concentrate on anything.. Lauren Simon writes simply, clearly and truthfully about her rollercoaster ride as her husband's caregiver after his heart attack(s). She provides links for solutions like Caring Bridge, lists of things to do to deal with yourself because the caregiver, and information for the little things that produce you fall apart. And what never to do. She tells us what we as the people who like the caregivers can do to ease their burden. It's an easy read if you're not under stress.. Lauren shares her caregiving story while showing us how to end up being better people in the same situation and beyond What an unbelievable read! A lot in fact.. You will smile, choke up, laugh and cry by enough time you finished reading it. here is a valuable resource for assisting in navigating that path..an honest voice borne from a frightening true to life knowledge. Thoughtful With Humor and Understanding This is such a lovely book!..that could be more of the "Hallmark version. Good job!.. Have got loaned it out to others as well and they all say it had been helpful! the primary caregiver really needs support too! Highly recommend!.. her husband went through was riveting....specifically given my current caregiving role. A must reserve to have for just about any caregiver! Purchase and go through this book, then stick it in a particular place for future reference because the day should come when you will have to become a caregiver and having this reserve readily available can make your days while a caregiver that much easier. Lauren's insight, humor and thoroughness makes the book an easy read. Just what the physician ordered This book is something you rarely have the ability to encounter. It produced me laugh, it produced me cry, it produced me delve deep into myself – so incredibly thought-provoking!" In this reserve Lauren was brave enough to start to her own personal challenges of a caregiver and offer a perspective of issues that truly need to be regarded and handled by the entire support circle of friends and family . Her willingness to share her personal tales and insights, and also those of others, helps the reader to embrace and get over their own vulnerabilities, resentments, doubts, or fears.. I enjoyed it. Also, you will feel like you were there experiencing every fine detail as she do. This book is a primer, a compass, a bible. Lauren shares her caregiving story while displaying us how to become better people in the same circumstance and beyond. This isn't simply for

caregivers – it's for everybody. And the caregiver must be honest with Others rather than strive for perfection. Four Stars Good information Life savings resource for all !!!.. I therefore valued the perspective of spiritual growth and expect the future regardless of what it has in store for us.as you certainty in life is all us will age quickly and before very long someone is a caregiver.... Whether you are or have been around in a caregiver role or not, it's super entertaining and a awaken of how real life is and will be.. And it is apt to be one of those books that I buy and present as needed on the next 20 years....???? Three Stars Wasn't as engaging as We had hoped. Same exact same old information... "Love yourself first. And it puts issues into perspective in case you are.. This will be on mandatory reading list for everyone.." This book is crucial read!in today's complex litigation, complex insurance and complex health matters. My daughter was very sick as a young child and you don't realize how alone you can experience until you have been around in a position such as this. Thank you Lauren for shining some light on how important a caregiver's function is and offering some awesome advice on how to take care of yourself in the process! And there are recipes! So often folks rub off the tough edges when they reflect upon how they coped with helping and loving their family through difficulties and recoveries. Lauren Simon therefore tenderly gives voice and support to the caregiver as they experience the rollercoaster of emotions that arise on the road back to health. If you or someone you know has assumed the role of a caregiver to a loved one. It's also for those folks who don't 'need it' today.this book is crucial read! Three Stars not exactly what I thought the reserve would be like



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