



31 Daily Inspirations for Caregivers: One Day, One Breath, One Step at a Time (Paperback)

By Judy Micale

Judy Micale, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. 31 Daily Inspirations for Caregivers: One Day, One Breath, One Step at a Time by Judy Micale has 31 inspiring quotes designed to guide you through the day as a caregiver. Each quote is followed by a paragraph that expands on the quote's meaning. A journal entry paragraph provides you with a meditation/journal exercise for applying the wisdom to your daily life. The journal pages are blank so the reader can choose whether they want to write, draw or even paste in a picture to complete each journal entry; the author leaves that up to each reader to add their own uniqueness to each day. For more information about the author please visit her website.



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