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Well-Being Ultimatum: A Self-Care Guide for Strategic Healers - Those Who Live in the Service, Leadership and Healing of Others

By Dr Suzie Carmack

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*****.As a healer -- someone who is passionate about healing, leading, teaching and/or caring for others -- you are driven to serve the world. But this same gift that you have for healing others comes at a high price with regards to your own health, wellness and well-being. In this ground-breaking book, international well-being scholar and yoga therapist Dr. Suzie Carmack unpacks her evidence-based research in the science of well-being. She explains how this research can help explain why healers like you often have unique challenges with regards to your longevity and quality of life. Here you will learn: How healers like you are especially susceptible to the quietly draining, yet pervasive conditions of compassion fatigue and burnout; How you really can live the good life in a way that is good for you by combining both subjective (self-rated) and objective approaches to assessing, managing, and optimizing your well-being; How to strategically approach your well-being optimization (your well-being ultimatum) by using Dr. Carmack's Kosha Model of Well-being. This East meets West framework for self-care...



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Reviews

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This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.

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