



Being Mindful, Easing Suffering: Reflections on Palliative Care

By Christopher Johns

Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, Being Mindful, Easing Suffering: Reflections on Palliative Care, Christopher Johns, 'There is much to learn about easing suffering from John's reflective narrative. The journal is both evocative and illuminating. The attention given to individuals patients experiences and to the manner in which practitioners can help to relieve suffering is the main strength of the book' -Journal of Advanced Nursing 'Christopher Johns has written an exquisite book detailing the experience of being a palliative care nurse. He has taken a unique approach in chronicling his practice through a journal, which serves a model for the reader on reflective practice. Johns' book is insightful on several levels. He offers a poignant book about the practice of palliative care, which will certainly evoke deep feelings and memories for many who have cared for dying patients. The narrative serves a model for reflective practice for students and practitioners alike who wish to explore this method of research and self-inquiry. John also, as the postscript writer describe, addresses some of the lessons that can be learned in palliative care work, the importance of living in the moment, and acknowledgement of the constantly changing nature of life.'...



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