



# **Companioning You!: A Soulful Guide to Caring for Yourself While You Care for the Dying and the Bereaved (The Companioning Series)**

*Alan D. Wolfelt PhD*

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*Alan D. Wolfelt PhD*

## **Companioning You!: A Soulful Guide to Caring for Yourself While You Care for the Dying and the Bereaved (The Companioning Series) Alan D. Wolfelt PhD**

Based on Dr. Wolfelt's unique and highly regarded philosophy of "companioning" versus treating mourners, this self-care guide for professional and lay grief caregivers emphasizes the importance of taking good care of oneself as a precursor to taking good care of others. Bereavement care is draining work, and remaining empathetic to the painful struggles of mourners, death, and dying, day in and day out, makes caregivers highly susceptible to burnout. This book demonstrates how caring for oneself first allows one to be a more effective caregiver to others. Through the advice, suggestions, and practices directed specifically to caregiving situations and needs, caregivers will learn not to lose sight of caring for themselves as they care for others.

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