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Family Care Navigator; Research Registry; Thursday, June 12, 2014. In this Section. Caregiver Stories. In Hindsight,

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Pat Samples Pat Samples is a and she is also the principal author of Self-Care for Caregivers: A Twelve-Step 36 pp. Self-Care for Caregivers A Twelve Step

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but it often places extreme demands on those providing care. Caregivers need both A TWELVE STEP APPROACH Pat Samples, Self-Determination

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and the importance of physical and nutritional health and self-care. "The health of the caregiver is Self-care for Caregivers: A 12 step approach , Pat

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Pat Samples; Speaker and Writer Pat Samples; Editor; Member, Adjunct Faculty Metropolitan State University; NextAge Speakers; Board Memberships and Affiliations

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Book information and reviews for ISBN:1568385609, Self-Care For Caregivers: A Twelve Step Approach by Pat Samples.

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