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MA FAMILLE MON JOB ET MOI



Date : 05/10/2023

Pages :

Format cm : 14 x 22

Prix : 18.5

EAN : 9782221272343

My Family, My Job, and Me

Author: Dr Hélène Rossinot

Publisher : Robert Laffont

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : How-to - Incompetence - Daily life

11 million people in France look after loved ones who are sick, disabled, or elderly, while juggling their jobs. Dr. Hélène Rossinot, the premier specialist in this area, proposes countless practical and inspiring ways to beat stress and feel better.

"You work full-time but also look after a loved one. You've got a family, a job, and you're a caretaker. Sometimes you feel overwhelmed exhausted, and yet a little voice keeps saying you're not doing enough. It's time someone was there for you, too. I wrote this book for you.

"No trumped-up health advice, no magical detox. Together, we'll see how to ward off exhaustion, spot the warning signs, manage your stress, handle your emotions and your feelings of guilt. How to make small acts of self-care a part of your daily routine, acts that will add up to more strength and energy.

"Then, we'll talk work. About all the skills you've developed while taking care of your loved one."
