



# **JOURNAL FOR FAMILY CAREGIVERS: A Place For Thoughts, Plans & Dreams**

*Harriet Hodgson*

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This is Book 3 in The Family Caregiver's Series. The books in this series are designed to support you, the family caregiver, which in turn will help you be supportive to your loved one. Dozens of journals are available. Why buy this one? This journal is just for you-a family caregiver-and deals with issues that you handle on an ongoing basis: your tasks, practicing self-care, your self-talk, job satisfaction, and more. To set the tone for the day, each page of the journal section begins with an affirmation. The writing prompts are different than in most journals. Instead of asking questions or setting up a scene, this journal uses a "finish the sentence" approach. You can write a little or a lot. Action steps are the last item on each journal page. When you finish your journal, you'll be able to look back and create an action plan that will make your caregiving easier for you and more enjoyable for your loved one.



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