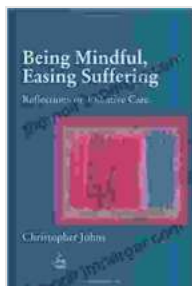


Being Mindful Easing Suffering: Reflections On Palliative Care

Palliative care is a specialized field of medicine that focuses on providing relief from the symptoms and stress of serious illness, and on improving the quality of life for both patients and their families. It is a holistic approach that addresses the physical, emotional, social, and spiritual needs of those facing a life-limiting condition.

Mindfulness is a practice that involves paying attention to the present moment without judgment. It has been shown to be effective in reducing stress, improving sleep, and increasing feelings of well-being. Mindfulness can also be a helpful tool for those facing the challenges of palliative care.



Being Mindful, Easing Suffering: Reflections on Palliative Care by Christopher Johns

★★★★★ 5 out of 5

Language : English

File size : 2741 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 272 pages

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In *Being Mindful Easing Suffering: Reflections On Palliative Care*, Dr. Christopher Kerr draws on his years of experience as a palliative care physician to offer a practical guide to using mindfulness in this setting. He provides clear and concise instructions for a variety of mindfulness

practices, and he shares inspiring stories from his patients who have found relief from suffering through mindfulness.

This book is an essential resource for anyone working in palliative care, as well as for patients and families who are facing the challenges of a life-limiting illness. It is a compassionate and practical guide that can help to ease suffering and improve the quality of life.

What You Will Learn From This Book

- The basics of mindfulness and how it can be used to reduce stress and improve well-being
- Specific mindfulness practices that are tailored to the needs of those facing a life-limiting illness
- How to use mindfulness to cope with the physical, emotional, and spiritual challenges of palliative care
- How to support loved ones who are facing a life-limiting illness

Who This Book Is For

- Palliative care physicians and nurses
- Social workers and chaplains
- Patients and families facing a life-limiting illness
- Anyone interested in learning more about mindfulness and its benefits

If you are looking for a compassionate and practical guide to mindfulness in palliative care, then *Being Mindful Easing Suffering* is the book for you.

Praise for *Being Mindful Easing Suffering*

"Dr. Kerr has written a beautiful and compassionate book that is full of wisdom and practical guidance. This book is a must-read for anyone working in palliative care, as well as for patients and families who are facing the challenges of a life-limiting illness."

- **Dr. Ira Byock**, author of *Dying Well* and *The Four Things That Matter Most*

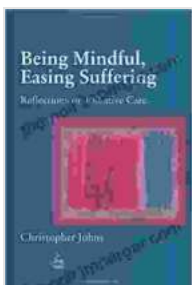
"*Being Mindful Easing Suffering* is a valuable resource for anyone who is struggling with the challenges of palliative care. Dr. Kerr's insights and guidance are invaluable."

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"Dr. Kerr's book is a timely and important contribution to the field of palliative care. His insights into the power of mindfulness are invaluable for anyone who is seeking to provide compassionate and meaningful care to those facing a life-limiting illness."

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Free Download your copy of *Being Mindful Easing Suffering* today!



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