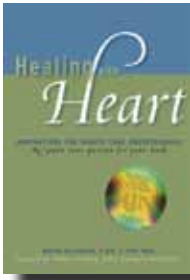


Resources for Re-Igniting the Spirit of Caring

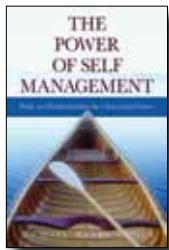
Caring for Self



Healing with Heart: Inspirations for Health Care Professionals

This inspiring and practical book has been lovingly and thoughtfully prepared for health care professionals who are on the go and need a quick, uplifting reminder of the importance of their work. Based on the weekly writings of a senior health care executive, these inspired reflections will reinvigorate all caregivers. They cover such timely topics as: strengthening commitment, avoiding burnout, celebrating others' work and many more. Use as daily encouragement or anytime you need a lift. *AJN* Book of the Year award winner.

Softcover, 302 pages. (2007) • B578 • \$19.95



The Power of Self Management: Pride and Professionalism for a Successful Career

This practical employee companion helps staff prepare themselves for our constantly changing health care environment. Learn how to be an outstanding "Organizational Citizen" by developing effective problem solving and "Change-Agent" skills. Develop conflict resolution competence and assertive "Fair-Fighting" skills to deal with difficult co-workers, managers and physicians. Empower yourself to take complete responsibility for your own job success and satisfaction—regardless of the environment you work in.

Softcover, 159 pages. (2008) • B519 • \$15.00



Healing Garden: A Guided Imagery Video

Through the eyes of a photographer and the expressiveness of a composer *Healing Garden* presents an innovative way to create your own healing space – anytime and anywhere. It transports you to a place of tranquility – a

Japanese garden where you will be able to slow down and relax. Great for meetings and personal reflection.

DVD, 20 minutes. (2009) • V201-DVD • \$14.95

Healing with Heart Wisdom Cards

Filled with inspirational quotes, this 24 card deck will provide quick inspiration or personal motivation. Perfect companion to *Healing with Heart*!

24 cards in cloth bag. (2009)
M578 • \$9.95



Special Offer: Order *Healing with Heart* book and cards together and save!

Book+Cards • B578S • \$26.00



Awake

Barbara McAfee

This recording offers musical gifts of wisdom, clarity, humor, and a dash of irreverence. These are songs you can put to work in your everyday life: to bring calm, open your heart, tickle your funny bone, provoke fresh ideas, and incite radical aliveness. Features vivid vocals with clean piano arrangements for daily inspiration.

Compact Disc, 43 minutes. (2008) • A421 • \$17.95



Yes

Barbara McAfee

Barbara's new collection of wise and sassy music celebrates the spirit of Yes. The songs include a broad variety of themes—aging gracefully, radical self-acceptance, honoring people who do the humble work of the world, and the welcoming of a girl child, among many others.

Compact Disc, 51 minutes. (2010) • A422 • \$17.95



Care for the Journey: Sustaining the Heart of Health Care

This audio gem offers 10 tracks of inspirational messages set to beautiful music composed specifically for caregivers. Presenters include: Jean Watson, Naomi Judd, Christiane Northrup, Ira Byock, and others. Listen as you commute, or in any quiet moment to reconnect to the meaning and purpose of your caring and healing work.

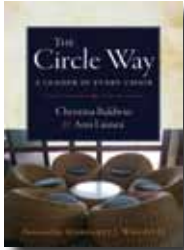
Compact Disc, 48 minutes. (2005) • A415CD • \$19.95

Find all these resources and more at: www.chcm.com • 800.728.7766 x111

Caring for Colleagues

Commitment to My Co-Workers® Cards, Posters and Pins

The Commitment to My Co-Workers® statement is now used by more than 750,000 employees worldwide. This handy reference tool reinforces such healthy behaviors as: customer service excellence, respectful communication and responsibility acceptance. These are essential for building and maintaining healthy relationships among team members. Available as 3x5 inch laminated card and 8x10 inch and 9.5x17 inch laminated posters. Formatted for Nursing, Health Care and Business settings, Commitment to My Co-Workers can be customized or licensed in a number of different formats. Please contact us at: 800.728-7766 x111 for more details.



The Circle Way: A Leader in Every Chair

Covers the basics of circle conversation based on extensive practice and standardization. It opens with a unique visual guide to circle and then presents structure, story and detailed instructions on getting started, setting goals and solving conflicts.

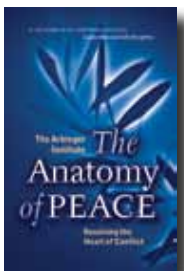
Softcover, 192 pages. (2010) • B593 • \$18.95



What You Accept is What You Teach

Full of practical advice for managers on hold employees accountable for a strong work ethic, intrinsic motivation, a positive attitude and constructive conduct toward co-workers. It discusses how to effectively confront and set limits with employees who demonstrate counter productive and passive-aggressive behaviors that raise havoc on group morale.

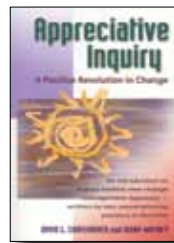
Softcover, 183 pages. (2007) • B558 • \$16.00



The Anatomy of Peace

The Anatomy of Peace helps us see how we actually cause the problems we think are caused by other people. We're trapped by preconceived ideas and self-justifying reactions that keep us from seeing the world clearly and dealing with it effectively. We see others not as they are but as projections of our beliefs about them. As a result, our efforts to make things better all too often make them worse. *The Anatomy of Peace* shows how this works in our lives and what we can do differently.

Softcover, 231 pages. (2006) • B573 • \$14.95



Appreciative Inquiry

Appreciative Inquiry (AI) emphasizes inquiry into strengths, rather than focusing exclusively on fixing weaknesses. This accessible guide offers a practical introduction to a method which has been used to significantly enhance customer satisfaction and employee engagement. Full of practical application and benefits illustrated by real-life examples.

Softcover, 80 pages. (2005) • B547 • \$18.95

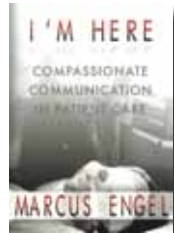
Caring for Patients & Families



The Other End of the Stethoscope

After being blinded and suffering catastrophic injuries at the hands of a drunk driver, Marcus Engel witnessed health care from the other end of the stethoscope. His insights will give health care providers new and essential strategies to put compassion into practice.

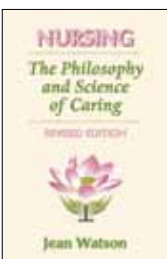
Softcover, 110 pages. (2006) B585 • \$14.95



I'm Here: Compassionate Communication in Patient Care

An inspiring personal narrative from the patient's perspective. Filled with practical advice, packed with humor and overflowing with appreciation for all compassionate caregivers.

Softcover, 127 pages. (2010) • B594 • \$14.95



Nursing: The Philosophy and Science of Caring

This newest edition of Dr. Jean Watson's classic work features the most current perspectives on the evolution of the original philosophy and science of caring. It reflects on the universal effects of caring and connects caring with love as the primary moral basis for both the philosophy and science of caring practices, and for healing itself.

Dr. Watson's Caritas Processes are featured as centering and mediation exercises on the accompanying CD. Don't miss this great value from one of nursing's most original thought leaders.

Softcover with CD, 320 pages. (2008) • B590 • \$29.95



Healing Presence: The Essence of Nursing

At the center of professional nursing lies the authentic presence of the nurse; the intention and commitment that brings nurses to the profession. When there is congruence between who nurses are and what they do, they bring their souls to work. This balance is experienced as a healing presence that encourages the patient's self-healing capacity.

Throughout this book, JoEllen Koerner explores ways (scientific, creative, and spiritual) of understanding the power and impact of this "healing presence" on both the caregiver and those receiving care.

Softcover, 226 pages. (2007) • B576 • \$35.00

Find all these resources and more at: www.chcm.com • 800.728.7766 x111