

Recommended Reading & Watching List – Lesson 7



Books

- We're in This Together\Rob Harris
- The Five Love Languages: How to Express Heartfelt Commitment to Your Mate\Dr. Gary Chapman
- Flourish: A New Understanding of Happiness, Well-Being - And How to Achieve Them\ Dr. Martin Seligman
- How Full is Your Bucket: Positive Strategies from Work and LifeTom Rath Donald Clifton
- Meditation for Every Situation\ Ella Gabbai
- The Inspired Caregiver: Finding Joy While Caring for Those You Love\ Peggi Speers and Tia Walker



Articles

- Caregivers ' perspectives on the negative consequences of caring - <https://pxjournal.org/cgi/viewcontent.cgi?article=1179&context=journal>
- Physical and Mental Health Effects of Family Caregiving - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2791523/>
- Caregiving as a Risk Factor for Mortality - <https://jamanetwork.com/journals/jama/fullarticle/192209>
- Caregiving and risk of coronary heart disease in U.S. women - [https://www.ajpmonline.org/article/s0749-3797\(02\)00582-2/fulltext](https://www.ajpmonline.org/article/s0749-3797(02)00582-2/fulltext)
- Disaster Planning Tips for Caregivers of the Elderly and People with Disabilities - <https://edis.ifas.ufl.edu/fy751>
- Caring for Caregivers during the COVID-19 Crisis
- <https://www.unicef.org/media/84131/file/CFC-COVID-19.pdf>

Training

Consulting

Professional Development

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Videos

- The Caregiving Crisis during COVID-19 - <https://www.youtube.com/watch?v=oPI9-vpgj1o>
- Caregiving During COVID-19 - <https://www.youtube.com/watch?v=IW6TrQFNgFI>