



Healing Yourself: A Nurse's Guide to Self Care and Renewal (Real Nursing Series)

Sherry Kahn, Mileve Saulo

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This is a comprehensive, holistic handbook from which nurses can select practical and easy-to-use techniques to sustain their bodies, minds and spirits as they meet the daily demands of their challenging careers. (organization, management, administration, OB, organization behavior, nursing administration, leadership, delegation, business, professional executive)

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