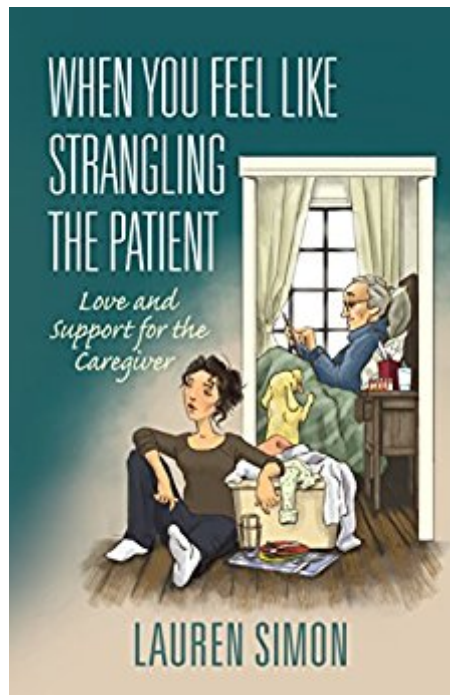


The book was found

# When You Feel Like Strangling The Patient



## Synopsis

In *When You Feel Like Strangling The Patient (Love and Support for the Caregiver)*, author Lauren Simon gives voice to the frustration, confusion, and anger that caregivers feel but are often afraid to express. When her husband Stephen Simon (film producer of *What Dreams May Come* and *Somewhere in Time*) barely survived a heart attack during which his heart stopped four times, Ms. Simon quickly learned how little practical, do-this-now information was available to those who are thrust into the role of caregiver. As she lovingly helped her husband convalesce (and their six adult children cope with the trauma they too had experienced), she was shocked to find how many powerful emotions she and other caregivers feel but rarely discuss. With humor, compassion, and vulnerability, Lauren wrote her book to empower caregivers all over the world to openly embrace and share their own feelings.

## Book Information

File Size: 2877 KB

Print Length: 262 pages

Page Numbers Source ISBN: 1943625212

Simultaneous Device Usage: Unlimited

Publisher: Waterfront Press (October 26, 2015)

Publication Date: October 26, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B0178LPNKU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,006,693 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #97

in Books > Health, Fitness & Dieting > Aging > Exercise #154 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #458 in Books > Self-Help > Mid-Life

## Customer Reviews

Caregiving is not something we are taught in school. It's not something most of us intimately understand and particularly, it's not something most of us are skilled at. We leave that to nurses

and doctors and pray they will do a good job. But what if you were forced to become a Sudden Caregiver on top of your regular family, household and work commitments without any thought or preparation in a matter of a few seconds. What if your spouse had a heart attack and you became his ipso facto instant caregiver. How would you handle the many complexities and nuances of being responsible for another's life? In all probability, you might make mistakes, might have to deal with unexpected and uncomfortable, anxious and fearful feelings you never would have dreamed would come up in such circumstances. All this and more is exactly what Lauren Simon went through when her beloved husband, Stephen, suffered a near fatal heart attack, literally dying four times during the process! During and after the attack, she became upset, distressed, physically exhausted, worried, nervous, and anxious. She also felt confused, ashamed, and as if she had to hide her real feelings. When You Feel Like Strangling the Patient is her soulfully transparent and deeply shared- process of caregiving's multiple stresses, panic, meltdowns, breakdowns and breakthroughs that readers will find invaluable in understanding the many psychological, physical, spiritual and emotional challenges it involves. Especially when there has been no thought given to preparing for such an event because one thinks, "That could never happen to me." Think again, and consider reading this little gem of a book so you won't suffer the emotional roller coaster it can and does involve.

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