



# The Thrive Guide For Caregivers: Take Care Of Yourself For Others

*Linda Cobb*

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## **The Thrive Guide For Caregivers: Take Care Of Yourself For Others** Linda Cobb

The Thrive Guide for Caregivers is designed to be the companion to those who are caring for loved ones in hospital, hospice or other long-term care situations. Written by a life coach and caregiver, Linda Cobb gives insight into what to expect, how to handle the challenges and how to make the most of this time with loved ones.

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