



Nursing by Heart: Transformational Self-Care for Nurses

Julie Skinner

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Nursing by Heart explores the author's personal and professional journey discovering truly effective self-care and the profound impact this has had on her. Each chapter explores a key component with examples from the author's life, giving activities and tools for readers to experience core self-care techniques that are simple, effective and transformational. The book draws on ancient wisdom to create new possibilities for all nurses currently practising and struggling with carer fatigue, and encourages empowerment by teaching energy management, allowing them to take responsibility for their health, as physical, emotional, thinking and spiritual beings.

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