



## Simple Self-Care for Therapists: Restorative Practices to Weave Through Your Workday (Hardback)

By Ashley Davis Bush

WW Norton Co, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book. While compassion fatigue is a perennial concern among therapists, yoga or meditation retreats are not always feasible for busy clinicians. This pocket-sized book offers a host of quick, reenergising tools to draw on before and after sessions, and anytime in between.e listening easier than ever.



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