



The Nurse's Meditative Journal: Nurse as Healer Series

Sherry Kahn

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The Nurse's Meditative Journal: Nurse as Healer Series Sherry Kahn

A combination meditation manual and journal for nurses. It includes a brief section on mediation instruction, and a larger section for weekly journaling and meditation suggestions. This book integrates the latest scientific body mind research with the ancient wisdom of the eastern cultures. The book begins with a look at stress - its physiology, cause and effects - then moves to the mind and how to use thought to modify experience. It also explores the body, breathing, exercise, nutrition and self-massage, and how the proper use of each one can be a stress reducer. (organization, management, administration, OB, organization behavior, nursing administration, leadership, delegation, business, professional executive)

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