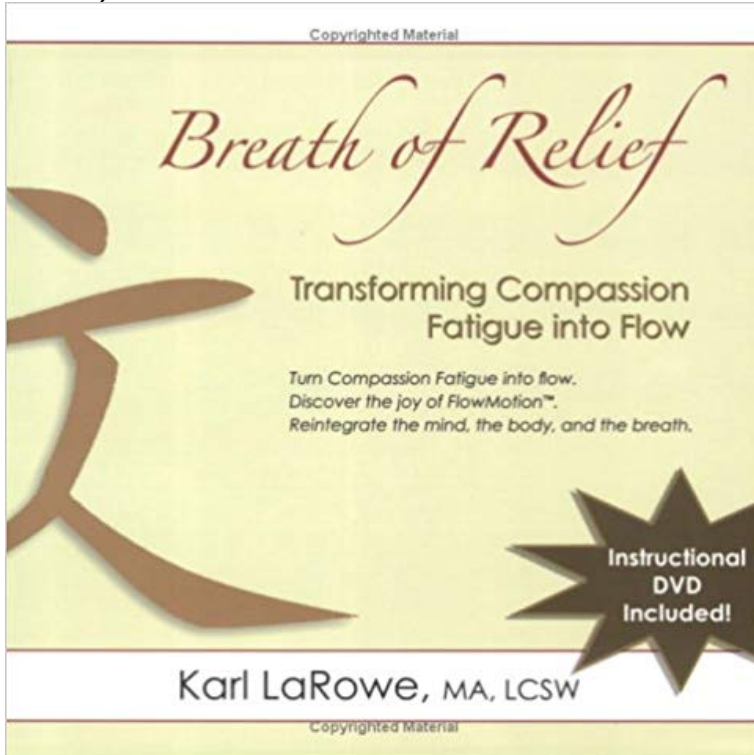


## Breath Of Relief: Transforming Compassion Fatigue Into Flow (With Dvd)



Compassion fatigue, also known as secondary traumatic stress syndrome, is pervasive among caregiving professionals and family members. It increasingly affects the rest of society, destabilizing social and political systems. Breath of Relief: Transforming Compassion Fatigue into Flow contains detailed descriptions of the FlowMotion exercises, helpful visualization activities that calm the mind, and vibrant illustrations to guide readers through the movements. This publication also comes with an instructional DVD that shows author Karl LaRowe demonstrating the different aspects of the basic stress relieving movements so that one can experience the joy of FlowMotion and the breath of relief that comes with mastery of this technique.

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