

Living Large: A Nurse's Journey Toward Resilience



Living Large: A Nurses Journey Toward Resilience

★★★★★ 5 out of 5



Nurses are the backbone of our healthcare system, providing compassionate and life-saving care to patients and families. But the demands of their profession can take a toll on their physical, emotional, and mental health.

In her new book, *Living Large: A Nurse's Journey Toward Resilience*, author and nurse educator Dr. Sharon A. Dennis shares her personal story of overcoming adversity and developing the resilience skills that have helped her to thrive in her demanding career.

Through a combination of powerful strategies and real-life stories, Dr. Dennis shows nurses how to:

- Identify and challenge negative thoughts and beliefs
- Develop healthy coping mechanisms

- Build strong support systems
- Practice self-care and compassion
- Find meaning and purpose in their work

Living Large is an essential resource for nurses who are looking to build resilience and thrive in their demanding profession. Dr. Dennis's insights and strategies will help nurses to overcome challenges, find joy in their work, and live their lives to the fullest.

Praise for Living Large: A Nurse's Journey Toward Resilience

"Dr. Dennis has written a powerful and inspiring book that is essential reading for nurses. Her insights and strategies will help nurses to overcome challenges, find joy in their work, and live their lives to the fullest." - **Donna Cardillo, RN, PhD, FAAN, Dean and Professor, Connell School of Nursing, Boston College**

"Living Large is a must-read for nurses who are looking to build resilience and thrive in their demanding profession. Dr. Dennis's personal story and practical advice will inspire and empower nurses to take care of themselves and their patients." - **Jacquelyn C. Campbell, RN, PhD, FAAN, President, American Nurses Association**

About the Author

Dr. Sharon A. Dennis is a nurse educator, author, and speaker. She has over 25 years of experience in nursing, and has held positions in direct patient care, nursing education, and healthcare administration. Dr. Dennis is the author of several books and articles on nursing and resilience, and she is a frequent speaker at national and international conferences.

Dr. Dennis is passionate about helping nurses to build resilience and thrive in their demanding profession. She believes that nurses are the heart and soul of healthcare, and that by investing in their well-being, we can improve the quality of care for patients and families.

Free Download Your Copy of Living Large Today!

Living Large: A Nurse's Journey Toward Resilience is available now from Our Book Library, Barnes & Noble, and other major booksellers.

Free Download your copy today and start your journey toward resilience!



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