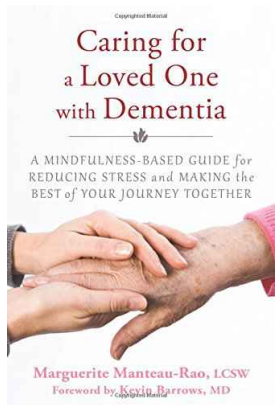


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Caring for a Loved One with Dementia: A Mindfulness-Based Guide for Reducing Stress and Making the Best of Your Journey Together



Caring for a Loved One with Dementia: A Mindfulness-Based Guide for Reducing Stress and Making the Best of Your Journey Together
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Caring for a Loved One with Dementia is a unique and compassionate guide that offers an effective mindfulness-based dementia care (MBDC) program to help you meet your own needs and lower stress levels while caring for your loved one.If you're caring for a loved one with dementia, you know firsthand the challenge of providing care while maintaining your own well-being. Caring for a Loved One with Dementia offers a compassionate and effective mindfulness-

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