



The Caregiver's Tao Te Ching: Compassionate Caring for Your Loved Ones and Yourself

William Martin, Nancy Martin

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Those who care for the ailing, whether helping someone recover, grapple with a long-term disability, or face a terminal illness, often feel alone, overwhelmed, exhausted. William and Nancy Martin have worked as counselors, hospice trainers, and Zen guides — and as caregivers themselves. With empathy and insight, they offer readers solace drawn from the eternal wisdom of the *Tao Te Ching*.

Like the original Chinese text, this book contains eighty-one chapters. Each chapter includes a poem for caregivers, evocative of the verses of the *Tao Te Ching*, followed by a reflection that presents practical guidance for navigating the emotional and physical hardships of caregiving. The resulting resource gently awakens readers to the grace, growth, and even joy possible at each step along their path.

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