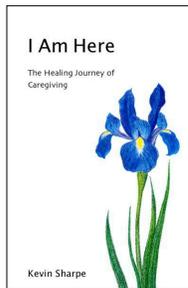


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**I Am Here:
The Healing Journey of Caregiving**

By: Kevin Sharpe

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*With more people than ever before facing the prospect of taking on the role of active caregiver for a parent or other family member, more are also facing the potentially crippling effects of caregiver stress. **I Am Here: The Healing Journey of Caregiving** explores how to manage and heal through the stress while continuing to be a supportive caregiver.*

Augusta, Ga. – August 14, 2012 – Kevin Sharpe, Director of the Center for Body-Mind Therapy in Augusta, Ga., is the author of the recently published book *I Am Here: The Healing Journey of Caregiving*. This poignant book focuses on a subject that directly touches nearly one out of every three Americans: the stress of providing care to a family member or loved one.

More than 65 million Americans are currently involved in providing care to a parent or other family member. Current trends suggest that many more will soon be facing the prospect of taking on the role of an active family caregiver. This means more caregivers than ever before face the potentially crippling effects of caregiver stress.

“We need to start having real conversations about just how prevalent family caregiving is in our country. Then we need to expand these conversations so we can actually begin to admit how serious caregiver stress is, its huge impact on the caregiver’s health, and then focus on healing through the stress,” says Sharpe.

He often reminds people that not only is caregiver stress a real concern for active caregivers, but the effects of stress don't stop when the caregiver stops providing care. "According to a study published in *Proceedings of the National Academy of Sciences*," adds Sharpe, "caregiver stress can continue to compromise a person's immune system for up to three years after they've stopped being an active caregiver."

Suffering caregiver stress doesn't have to be a fact of life for caregivers. "How do we do more than just manage the stress of caregiving? How do we actually *heal* through it? These are the pivotal questions we as caregivers need to be exploring," states Sharpe. "Yes, it is essential for us to get support with the day-to-day aspects of giving care. But it is also just as essential, yet unfortunately often overlooked, to *transform our relationship* to caregiver stress. This allows us to actually heal back into a joy of living life again, even in the midst of all the stress. And this is a radically different way to give care. It truly becomes a healing and transformative journey for the caregiver as well as the one receiving care."

In *I Am Here: The Healing Journey of Caregiving*, Sharpe shifts our focus from the exterior responsibilities of caregiving to the interior landscape of the caregiving experience. From this place, Sharpe reveals how to transform the caregiving journey from one of potentially unrelenting stress and all of its devastating side effects into one of true healing for both the caregiver and the one receiving care.



About Kevin Sharpe

Kevin Sharpe is the director of the Center for Body-Mind Therapy in Augusta, Ga., and the editor of *International Journal of Phoenix Rising Yoga Therapy*. He uses Phoenix Rising Yoga Therapy to support clients manage and heal through the stress that shows up in their lives. In his own role of full-time family caregiver, he turned to his training in Phoenix Rising Yoga Therapy to explore and heal through his often times stress-filled, fractured inner landscape. For more information about healing through caregiver stress or *I Am Here: The Healing Journey of Caregiving*, contact Kevin Sharpe at 706-267-8473 or at kevin@cbmt.net .

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