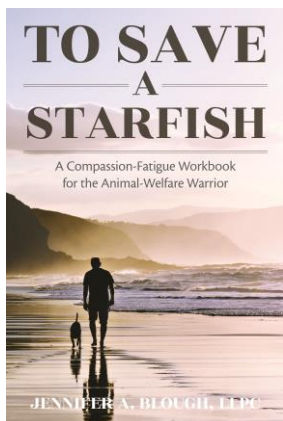


To Save a Starfish: A Compassion Fatigue Workbook for the Animal Welfare Warrior

JENNIFER A. BLOUGH, MA, LLPC, CERTIFIED COMPASSION FATIGUE THERAPIST



About the Author

JENNIFER A. BLOUGH, MA, LLPC is a professional counselor and certified compassion fatigue therapist. She has an extensive background in animal welfare and is passionate about helping those who love, care for, and work with animals. Jennifer is the owner of Deepwater Counseling and lives in New Boston, MI, with her husband and their eight rescued companion animals.

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What is Compassion Fatigue?

Compassion fatigue is the emotional drain experienced by caregivers of both people and animals. In this invaluable workbook, counselor and animal-welfare expert Jennifer A. Blough focuses on people who work with animals—and who often don't get the help they need. Through personal stories and exercises, Jennifer assists readers in overcoming care-related issues and regaining a positive psyche.

In this workbook, you'll learn the symptoms of compassion fatigue and the risk factors for developing it. You'll discover how to practice mindfulness, meditate, and use progressive muscle relaxation techniques and massage therapy to calm the mind and body. The book will also help you to tweak your thought processes and communicate in a healthy way, while creating limits. You'll even receive tips on using nutrition, physical activity, and rest to help combat compassion fatigue. If you need counseling or group support, the book will guide you in the right direction.

After completing the exercises and following Jennifer's expert advice, you're sure to feel recharged and ready to return to helping animals in need.

Available now on [Amazon.com](https://www.amazon.com)!

As an animal lover who has suffered compassion fatigue, I appreciate the way Jennifer presented her own stories while guiding the reader through exercises and lessons. Her passion for animals is apparent, as is her appreciation for animal welfare warriors. - Holly