References

Brown, B. (2010). The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are. Center City, MN: Hazelden Publishing

Brown, B. (2015) Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent and Lead. Avery Press

Burch, S. (2014) *How to Be True to Yourself: Self-Care for the Caregiver*. Awakening to Grace, Inc. www.AwakeningtoGrace.org

Cloud, H. and Townsend, J. (1992). *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life*. Grand Rapids, MI: Zondervan Press

Fredrickson, B. (2013) *Positive Emotions Broaden and Build,* Advances in Experimental Social Psychology, 47, 1-53, University of North Carolina at Chapel Hill

McElligott, D, Capitulo, K, Morris, D, and Click, E, (2010) *The Effect of a Holistic Program on Health-Promoting Behaviors in Hospital Registered Nurses,* Journal of Holistic Nursing, American Holistic Nurses Association

Pender, N., Murdaugh, C., and Parsons, M. (2006). Health promotion in nursing practice (5th ed.). Upper Saddle River: Pearson Prentice Hall.

Richardson, C. (2011). *Begin to Set Personal Boundaries*. O, The Oprah Magazine. http://www.oprah.com/spirit/Begin-to-Set-Personal-...

Thornton, Lucia. (2006) *Beating the Stress: Treat Yourself Right*. National Student Nurses Association (NSNA) Sept-Oct 2007, pp 60-65. www.NSNA.org

Websites

http://aliveindeath.ca 'Alive in Death' was created by a team of Death Coaches and Educators who want to change the way we die in North America. Their 8-module online course helps doctors, nurses, hospitals, and families handle the deaths they see.