



Give to Your Heart's Content: ...Without Giving Yourself Away

Linda R. Harper

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Many people feel exhausted from giving, trying to squeeze just one more commitment into their already too busy schedules. Believing that saying yes to all requests-be it for time or money-is doing the right thing, they deny their own needs and end up feeling depleted. Give to Your Heart's Content is not about giving more; it is about giving from the deepest self, in a way that nurtures rather than depletes. Offering practical, user-friendly self-inventories, Dr. Harper helps readers evaluate if their style of giving might be adding stress to their lives. This is a much-needed book for caregivers, people in the helping professions, volunteer organizations, and people in institutional settings, like churches and nonprofit organizations, which emphasize giving. Give to Your Heart's Content is a book for all who struggle with life's continual demands on time, money, and energy. The appendices include two 5-session outlines for use with discussion groups.

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