

BOOKS WORTH READING



Surviving Life's Changes And Challenges

(NAPSA)—Personal safety nets are valuable resources in times of crisis—and more people are organizing them as a way to share care and empower people who need help.

In times of illness, surgery, aging, divorce and single parenthood, personal safety nets provide security and reduce fear and anxiety, thereby strengthening individuals, families and communities.

In “Personal Safety Nets: Getting Ready for Life’s Inevitable Changes and Challenges” (Classic Day Publishing), Dr. John W. Gibson and Judy Pigott explain how to create a personal safety net made up of plans, systems, resources and people who strengthen your life.

Enjoying this community of people in good times and having them there in hard times brings pleasure, security and control. Given life’s inevitable changes and challenges, they believe everyone needs to be part of a strong team.

The book explains what a care-share team is and when it may be needed. Part of a personal safety net, a team can be called upon as need arises. The authors discuss the benefits and challenges of having a personal safety net, how to create an effective team, knowing what to expect, watching for stumbling blocks and preparing for the end of the team.

Filled with worksheets and vivid examples, the book is a strong tool for health care providers, caregivers, cancer patients, and members of the military and families.

Gibson and Pigott provide a straightforward, flexible plan for navigating life-altering crises.

Some of the most common situations in which personal safety

Personal Safety Nets



Getting Ready for Life's Inevitable Changes and Challenges

Dr. John W. Gibson
and
Judy Pigott



When life issues you a challenge, a new book says a personal safety net can help you survive that challenge.

nets are used include:

- An unexpected accident or illness
- A transfer, move or a deployment
- A major job change or retirement
- Divorce and its aftermath
- Crises for your parents or children
- A disaster in your community.

Pigott has led and taken part in care-share teams and holds a psychology degree from Skidmore College and a master's degree from Columbia University. Gibson has more than 35 years' experience as a counselor, holding degrees in psychology and social work. He has been on the faculty of Columbia University and the University of Washington.