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Opening My Heart: A Journey from Nurse to Patient and Back Again

Tilda Shalof

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Tilda Shalof had been taking care of critically ill patients in an intensive care unit for more than twenty-five years, but taking care of herself had never been a priority. That is, until she could no longer ignore her extreme fatigue, shortness of breath, and crushing chest pains. When the results came in, it was time to face the music: Tilda required immediate open-heart surgery to replace a defective valve and to repair damage done to this vital organ.

Tilda's story takes readers from the diagnosis through all her fears and concerns, the or, her stay in the icu, the cardiac ward, recovery at home, rehabilitation, and ultimately, her return to work in the hospital armed with new insights on the patient's perspective. She learned more in her week-long stay as a patient than in all her years caring for the critically ill, especially about trust and working in partnership with her caregivers.

In **Opening My Heart**, Shalof expertly weaves recollections from her career and accounts of other nurses' experiences into her own story, creating the perfect marriage between fascinating clinical detail and a personal journey of healing. Throughout it all is Shalof's warm, friendly voice and humorous outlook. Nurses everywhere and anyone who's ever been a hospital patient, or who is currently hospitalized or who might be one day (and those who love them!), will be empowered, enlightened, comforted, and entertained by this book.

From the Hardcover edition.

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Bobby House:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their free time with their family, or all their friends. Usually they performing activity like watching television, gonna beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? May be reading a book could be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the reserve untitled Opening My Heart: A Journey from Nurse to Patient and Back Again can be great book to read. May be it might be best activity to you.

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In this particular era which is the greater man or woman or who has ability in doing something more are more valuable than other. Do you want to become certainly one of it? It is just simple method to have that. What you need to do is just spending your time not very much but quite enough to get a look at some books. One of many books in the top checklist in your reading list is Opening My Heart: A Journey from Nurse to Patient and Back Again. This book and that is qualified as The Hungry Inclines can get you closer in turning into precious person. By looking up and review this publication you can get many advantages.

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