

**WHAT'S THE #1 MISTAKE WE MAKE WHILE SERVING AND CARING FOR
TRAUMATIZED CHILDREN AND ADULTS WHO DESPERATELY NEED OUR HELP?**

This book is for millions of helping Professionals and Family caregivers who are going through what I survived. Like many of you I assisted in the aftermath of violence, abuses, life-threatening illnesses, tragedies, and atrocities.

Through my career I felt a strong calling and sense of purpose about my work. I cared deeply for the patients and clients I served. Nevertheless, the impact of working under chronically intense stress had such an overwhelming impact on my health and wellbeing that I overlooked the obvious. You see, I failed to attend to my own self-care.

THIS BOOK IS MY STORY—A WAKEUP CALL AND A MANUAL THAT WILL HELP YOU MAINTAIN YOUR OWN HEALTH THROUGH PREVENTION, RECOVERY, AND STRATEGIES TO RESTORE YOUR INNER PEACE.



Beverly Kyer, MSW, ACSW has devoted over thirty years of her career in service to children, youth, adults and families who were struggling and impacted by life-threatening and terminal illnesses, mental and physical disabilities, and/or severe abuse and neglect. A native of New York who now resides in Northern California, Beverly travels the USA speaking, training, and consulting on Compassion Fatigue (i.e., a form of Secondary Traumatic Stress). She is the **CEO and Founder of The Kyer Group, a compassionate and gifted team of trauma-informed specialists.**

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