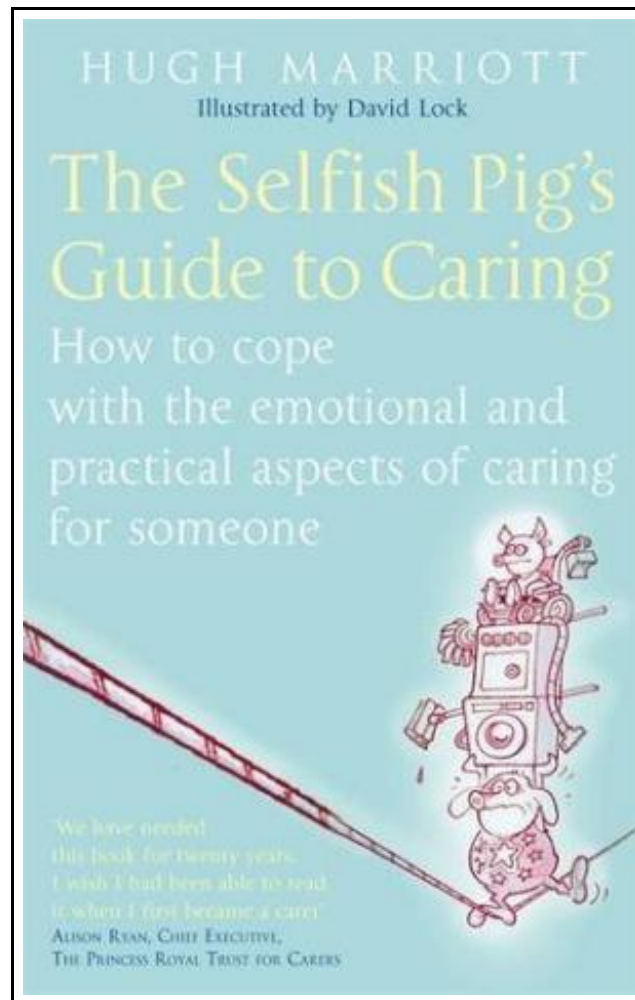


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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Selfish Pig's Guide to Caring: How to Cope with the Emotional and Practical Aspects of Caring for Someone, Hugh Marriott, Six million people in the UK, often unnoticed by the rest of us, provide unpaid care for disabled or elderly relatives, friends or neighbours. Their job is long, lonely and hard, yet there is limited support and no formal training. As a result, carers suffer frequent damage to physical and mental health. Oddly, though carers by definition are anything but selfish pigs, they are liable to feelings of guilt, probably brought on by fatigue and isolation. So Hugh Marriott has written this book for them - and also for the rest of us who don't know what being a carer is all about. His aim is bring into the open everything he wishes he'd been told when he first became a carer. And he does. The book airs such topics as sex, thoughts of murder, and dealing with the responses of friends and officials who fail to understand. This is a must-read for anyone involved with caring.



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