

afflicted.

Zylla clearly pondered this topic professionally and personally for many years. He includes his own narrative and poems, and it seems that his personal experience fueled a professional interest in crafting a thorough and systematic exploration of the roots of sorrow. This book does what it set out to do, and indeed it is both practical and theologically sound.

As one trained in theology, I feel the book leans more toward the systematic approach, and less toward the pastoral side, but certainly both can be found in Zylla's exploration of sorrow. As a person who experienced several personal losses in the last four years, I appreciated Zylla's exploration of suffering

and his recommendations to caregivers ministering to those who suffer. His bold recommendation to compassionately and fully enter into others' suffering was welcome from a personal perspective as well as providing a good professional reminder for me as I minister to others. I clearly heard his challenge to go beyond personal suffering, truly entering into the groaning of our communities and the earth.

This book could be a great read for theologians, ethicists or caregivers involved in health care, as well as anyone looking for a thoughtful consideration of suffering. They will find sound thought, carefully constructed theory and compassionate pastoral application.

The sorrowful may appreciate Zyl-

la's personal approach and sage advice to those ministering to those suffering. Caregivers will find helpful education as well as practical suggestions that could be easily adopted by those in clinical care, social services or pastoral care. This work delves deep into the roots of sorrow and provides insight, help and hope to those experiencing sorrow, as well as to those who care for them.

LAURA RICHTER is the director of workplace spirituality for the Ascension Health system, and also serves as the mission leader at the system office in St. Louis.

HANDBOOK HELPS CAREGIVERS

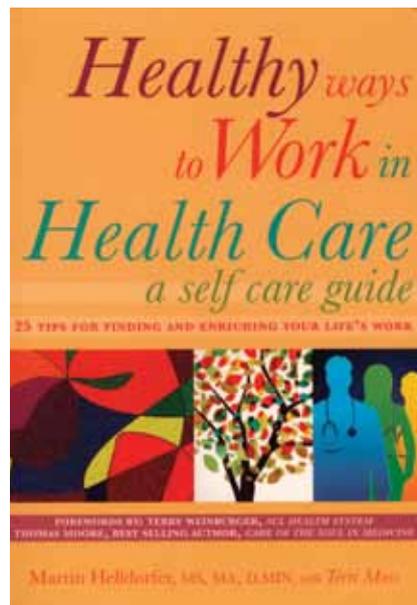
REVIEWED BY PAMELA A. MAIDENS, M.A., C.L.E.M.

To be a healer you don't have to be in perfect condition whether physically, emotionally, or spiritually. But you need to be in the process of healing yourself.

— Foreword by Thomas Moore

We know that health care entails more than standardized practices and clinical procedures. In their reflective guide to well-being, Martin Helldorfer and Terri Moss recognize that something else is necessary in order to heal the body, mind and spirit — a healthy caregiver. It isn't surprising to learn that Helldorfer is a clinical psychologist and was a monk for 30 years. Moss, founder of Moss Communications, brings her own richness to the text with, as she writes, an "appreciation for the importance of clear communication among staff and volunteers."

The authors provide real-life examples of what it means to care (or to not care) for oneself. Those of us who have worked in health care or any service



HEALTHY WAYS TO WORK IN HEALTH CARE: A SELF CARE GUIDE

BY MARTIN HELLDORFER WITH TERRI MOSS

Moss Communications, 2012

360 pages; \$22.95

profession for a number of years are invited to pause and become more aware of the characteristics of healthy and unhealthy ways of working. Although this book required me to do a good amount of serious soul searching, it gave me a sense of camaraderie when I read that millions of other people are seeking work-life balance.

If you like short chapters filled with insight, this book is for you. The combination of text, case studies, reflections and space for personal journaling is a format that allows the reader to concentrate on individual concepts and explore them with ease. A preface offers an important overview of how to use the book individually or in teams during workshops or retreats.

Chapters focus not only on finding the right work and achieving a healthier work-life balance; they offer constructive suggestions. Universal challenges like work fixation, addiction and exhaustion will be surprisingly familiar to any reader who can complete a life

review honestly.

True stories, case studies and “25 Tips for Finding and Enriching Your Life’s Work” make the introspection and journaling easier and more productive. The book’s realistic examples of how others respond to struggles with time constraints, co-worker differences and personal shortcomings help readers to face their own challenges realistically.

A final section entitled “Reflections” helps instill a sense of peace and well-being that bring the reader’s heart, memories and dreams to the forefront through his or her own experiences.

Healthy Ways to Work in Health Care can benefit anyone who has tried to balance staying well while trying to take good care of others. This book emphasizes the importance of work-life harmony and offers a practical process for considering why you chose your profession, whether your work contributes to your well-being, and finding new ways to discern your role, now and for the future.

PAMELA A. MAIDENS is director of mission education and spiritual development for Catholic Community Connection, Cleveland, Ohio.

EXCERPT FROM *HEALTHY WAYS TO WORK IN HEALTH CARE: A SELF CARE GUIDE*

It may not be a simple matter of equally portioning out eight hours of sleep, eight hours for a personal life, and eight hours for work. Living a balanced life might be as much a state of mind as a physical apportionment of time.

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