

Contemplative Caregiving by John Eric Baugher

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Self-Help — Aging / Family & Relationships —
Life Stages — Later Years / Death, Grief,
Bereavement

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Contemplative Caregiving

*Finding Healing, Compassion, and Spiritual
Growth through End-of-Life Care*

By John Eric Baugher, PhD



Integrating personal insights from over two decades of engagement in hospice care and contemplative social science research, this heartfelt book offers practical lessons on the transformative possibilities of compassionate end-of-life caregiving.

After John Baugher's mother was murdered in 1987, he felt that he was fated to join her killer in life imprisonment—not behind bars, but behind psychological walls of unresolved grief and anger. Baugher turned to hospice volunteering as a way to channel his experience, marking the beginning of a 25-year journey of exploration—in both public hospices and prison hospice programs—of the possibility of discovering compassion and even humor in the face of death.

Contemplative Caregiving is an indispensable guide for end-of-life caregivers and for anyone seeking to transform experiences of caregiving and grief. Rather than leading to burnout and despair, caring for those who are suffering and dying can enrich our lives with meaning and further our own spiritual growth and resilience. Whether you are caring for a loved one with cancer or dementia, grieving a sudden traumatic loss, or even serving time in prison, *Contemplative Caregiving* offers encouragement for showing up to the fullness of life in whatever those circumstances may be. Healing, compassion, and spiritual growth are available to us all, in this lifetime, right now.



“Baugher pioneers for us the very outer frontiers of human empathy. A very important frontier, a very important book.”—**Arlie Hochschild**, author of *Strangers in Their Own Land: Anger and Mourning on the American Right*, a finalist for the National Book Award



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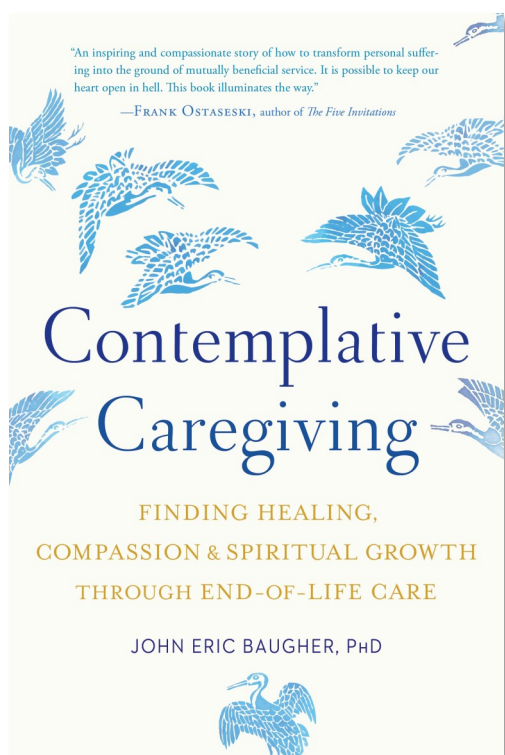
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About the Author:

John Eric Baugher, Ph.D. has been a contemplative educator, social science researcher, and end-of-life caregiver for more than two decades. As a scholar, he has published research studies on stress and coping, organizational change, grief, caregiver support, and hospice care. His two co-edited books for the International Leadership Association—*Leading with Spirit, Presence, and Authenticity* and *Creative Social Change: Leadership for a Healthy World*—are the result of his contemplative approach to supporting authors in expressing their authentic voice. His work has been supported by grants from the National Science Foundation and the National Endowment for the Humanities.

Dr. Baugher consults and offers workshops internationally on spiritual care, grief and transformation, and contemplative learning. This work draws upon evidence-based knowledge and clinical experience to support the skillful integration of the principles and practices of contemplative caregiving in healthcare, education, and leadership contexts.

The mission of Dr. Baugher's work is to foster healing, compassion, and spiritual growth in the lives of individuals, organizations, and the wider society. The practices and teachings in *Contemplative Caregiving* are part of a wider curriculum he offers, furthering practical change in the world grounded in the integration of his scholarly expertise, clinical knowledge, and commitment to his own spiritual practice.

Dr. Baugher is a certified nursing assistant (CNA), certified bereavement group facilitator, certified end-of-life caregiver, and chaplain.

To learn more about applications of his teaching and consulting or to invite him to offer a workshop or keynote address at your organization or conference, please visit his website at www.johnericbaugher.com.