



VeteranCaregiver.com Video Resources

Recommended Resources: Suffering and What You Can Do...

Resources

http://www.huffingtonpost.com/2014/06/27/habits-of-compassionate-people_n_5522941.html

<https://www.psychologytoday.com/blog/owning-pink/201205/do-you-yearn-ease-suffering-others>

<https://tinybuddha.com/blog/6-ways-to-deepen-your-compassion-to-help-other-people/>

<https://www.powerofpositivity.com/7-ways-show-compassion-others/>

http://www.huffingtonpost.com/dr-sandra-hamilton/5-powerful-ways-to-help-someone-in-emotional-pain_b_9469860.html

<http://www.drgortner.com/houstonpsychologist/2015/3/21/dos-and-donts-for-helping-someone-in-emotional-pain>

<http://www.health.com/health/gallery/0,,20393228,00.html>

<http://www.prevention.com/sex/friendship/be-better-friend-these-tips-offering-comfort>

http://www.huffingtonpost.com/2013/07/31/how-to-comfort-someone-what-to-say-grieving_n_3654758.html

<http://goodlifezen.com/21-ways-to-comfort-a-friend-in-crisis/>

"Once you choose hope, anything is possible." — Christopher Reeve
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