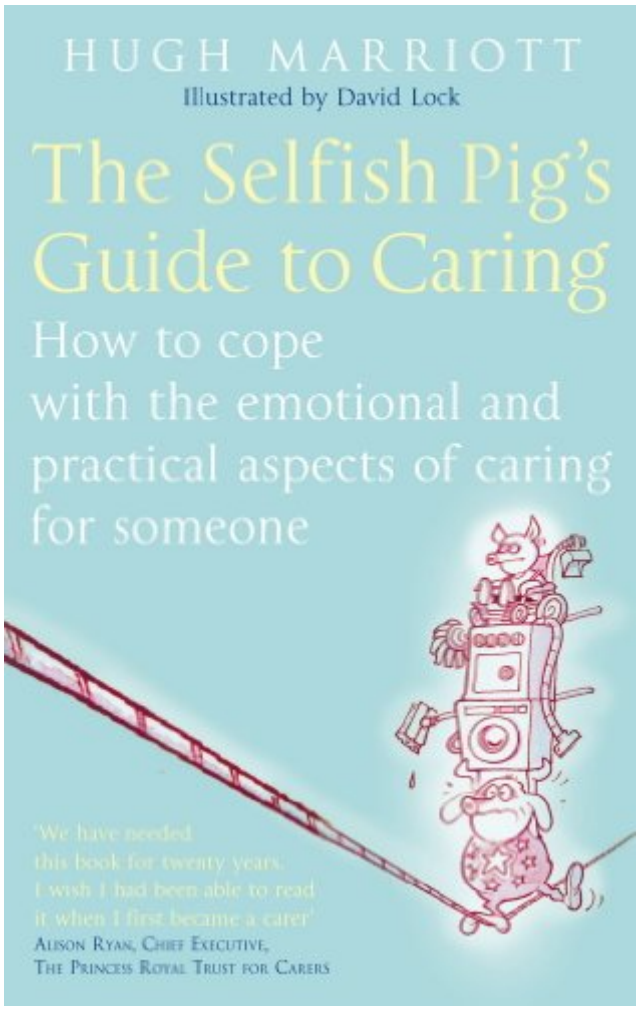
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The Selfish Pig's Guide To Caring: How To Cope With The Emotional And Practical Aspects Of Caring For Someone



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Synopsis

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.

Book Information

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Customer Reviews

I bought this book knowing nothing about it but quickly came to see its value.. The author and his beloved wife were living a carefree life when a devastating illness struck her. Many changes were forced upon them and he soon came to realize just what obstacles "officialdom" (insurance/government to us) could place in his way. Their story is told with a wry sense of humor

and great wisdom. Each section has lots of suggestions and pointers. I lovedbthe book, found it quite helpful and would love to meet the author and his deeply loved "piglet" : the person I give love and endless support to.

I purchased this book after learning that my disabled daughter has Alzheimer's on top of her Down Syndrome.It was the first time I was able to laugh at my situation because he author's style was sensitive to the feelings of a caregiver and the confining, relentless nature of it. It was nice to laugh at things that had made me cry. Very theraputic.The author was famiiar with the red tape of getting assistance and gave some suggestions for coping to replace the instinct to give up. He was speaking from experience as he was the main caregiver to a wife with a debiitating and terminal disease.I recommend it to anyone who is faced with long term care giving either as a profession or as the caregiver. It would be helpful to counselors and people who work in the medical field to get a glimpse of those who are caring for the patient.I'm so glad I was able to find it on , as it was written in Australia and is not one of the books devoted to disease and actual caretaking. It is devoted to the one doing the work, who is often just called a 'wonderful person' without being given a chance to describe the unique tasks they are required to perform routinely.Thanks, ~

Common sense different book for the 24/7 care-giver. This is a must. He writes and has a bit of humor woven into the very helpful chapters. It is not like other books which dwell on the legalities. He tells what to expect, what you may feel, and options for dealing with the issues and stress...all in a caring way. He lived it himself so he knows what it is like. He lets you know how alone you feel in spite of caring friends and family and officialdom...without denigrating any of those people.

This self-help manual is a delightful change of pace for the caregiver. With humor & practicality, Mr. Marriott provides understanding & support for anyone who's dealing with the frustrations & stress of being a primary carer for an ill loved one. It's so good to have insight from someone who has been in the same shoes & completely relates to every aspect of the lifestyle change that illness brings about. Many times in reading, I've found myself outright Laughing thru my tears - that alone is a rarity when it comes to books on how to manage stress!! Highly recommend this book - even moreso as an e-book, that way it's Always available to reread as needed from your Kindle!!

First time in a few month of my caring life I was able to laugh at myself and put things in perspective. My piglet (Person I Give Endless Love and Therapy) is sleeping :) I got stronger. Thank

you!

This book was written from the caregiver’s point of view and I really liked that a lot. There is almost nothing out there that speaks to the person doing this lonely job. However, there was nothing new that would help me really. I don’t know that there is "such a thing." The book was a reminder that I am not the only one out there but I probably get just as much insight on a caregivers website. I really liked the terms SP and piglet.

BEST BOOK YOU’LL EVER READ IF YOU HAVE A SICK FAMILY MEMBER, VERY EASY TO READ AND FUNNY, HELPS MAKE GETTING THROUGH THOSE TOUGH TIMES EASIER.

This book came at just the right time for me. It inspired me to be a better caregiver right now, helped me face my fears about the future, and reassured me that the emotional turmoil I experience is both normal and surmountable. I’d recommend it to anybody facing a long-term job as a caregiver.

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