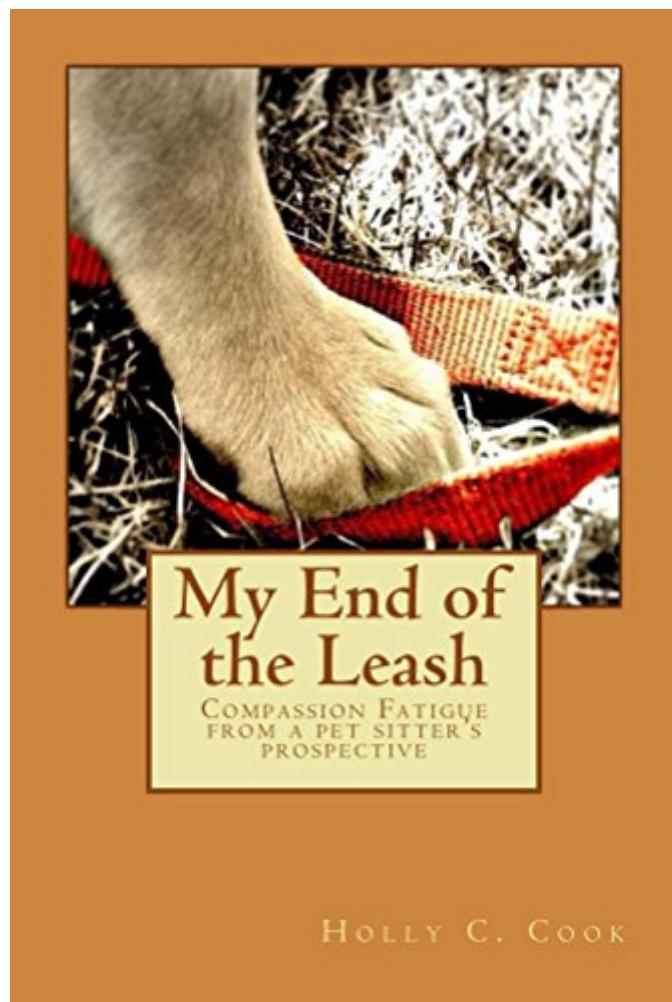


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# My End Of The Leash: Compassion Fatigue From A Pet Sitter's Perspective



## **Synopsis**

An honest look at compassion fatigue from the perspective of an award winning professional pet sitter. Holly shares her stories about her love and passion of caring for pets, beginning with her earliest childhood memories. Holly shares how compassion fatigue affected her life and how she ultimately recovered. Her belief that professional pet sitters are vulnerable to compassion fatigue has compelled her to share her story.

## **Book Information**

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## **Customer Reviews**

I have been pet sitting in my community for 10 years. While I feel that this line of work is my life's purpose, I now realize that I severely neglected myself and I see a lot of the compassion fatigue symptoms that Holly describes in my own life. I want to thank Holly for sharing her personal story so that others can better understand what may be happening to them and start on the path to finding that inner spark again the compelled them to a life of service to animals and their humans.

On the leading edge of compassion fatigue for animal advocates, this book offers practical steps towards self-insight and healing for those who have lost their spark in this much needed vocation. Holly gives the reader an honest look at the factors in her life that contributed to and caused the

breakdown of her giftedness with animals. She ends the book offering hope to others through her experience in her walk towards balance, joy, and health.

22yrs of Pet Sitting and finally someone puts into writing what I have been feeling for a long time - to long really, without knowing WHY I was feeling this way. So many things to relate to and understand in this book. Holly truly wrote it from her heart as her therapy for compassion fatigue and it's inspiring many others to get the help they need so they can LOVE what they do in life again!

Holly did a lot of research and is bringing her research to the pet sitting industry. She is taking her life long struggle and getting it out there to the masses to help spread awareness. Holly says it is as serious as life and death for some. She wants to be the change she wants to see in this world and I have the utmost respect for her. I got the book and read it in under two hours. Don't hesitate. But it now!

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