



## Spirituality: Living Our Connectedness (Healer)

*Margaret A. Burkhardt, Mary Gail Nagai-Jacobson*

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**Spirituality: Living Our Connectedness (Healer)** Margaret A. Burkhardt, Mary Gail Nagai-Jacobson  
Spirituality: Living With Connectedness is designed to assist participating nurses and students in developing confidence and competence in integrating spirituality into their practice. Users are encouraged to address and nurture their own spirituality and recognize spirituality in everyday life as a means of effectively assessing the spiritual concerns of their patients. This insightful text discusses methods of heightening spirituality such as prayer, meditation and mindfulness; bodywork, touch and movement; rest and leisure; music and ritual; and play and creativity, that can be applied both personally and professionally.

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