Book Review: Is There Any Help for The Help

There are many reasons why a cookie could not be set correctly. Below are the most common reasons:

- You have cookies disabled in your browser. You need to reset your browser to accept cookies or to ask you if you want to accept cookies.
- Your browser asks you whether you want to accept cookies and you declined. To accept cookies from this site, use the Back button and accept the cookie.
- Your browser does not support cookies. Try a different browser if you suspect this.
- The date on your computer is in the past. If your computer's clock shows a date before 1 Jan 1970, the browser will automatically forget the cookie. To fix this, set the correct time and date on your computer.
- You have installed an application that monitors or blocks cookies from being set. You must disable the application while logging in or check with your system administrator.

Why Does this Site Require Cookies?

This site uses cookies to improve performance by remembering that you are logged in when you go from page to page. To provide access without cookies would require the site to create a new session for every page you visit, which slows the system down to an unacceptable level.

What Gets Stored in a Cookie?

This site stores nothing other than an automatically generated session ID in the cookie; no other information is captured.

In general, only the information that you provide, or the choices you make while visiting a web site, can be stored in a cookie. For example, the site cannot determine your email name unless you choose to type it. Allowing a website to create a cookie does not give that or any other site access to the rest of your computer, and only the site that created the cookie can read it.

A book review’s purpose is to help people decide whether or not the book would interest them enough to read it. Reviews are a sneak peek at a book, not a summary. Like wonderful smells wafting from a kitchen, book reviews lure readers to want to taste the book themselves. Are there parts that are simply not believable, even allowing for the reader’s understanding that it is fiction or even fantasy? Are there mistakes? Would you describe the book as for entertainment, self-improvement, or information? What was your favorite part of the book? Would you have done anything differently had you been the author? Would any reader enjoy this book? If not, to what ages or type of reader would it appeal? In Help for the Helper, the author aims at clarifying concepts such as burnout and distress. The importance of self-care is emphasized throughout the book. A major component of mental self-care relates to the concept of arousal awareness. Such awareness serves the purpose of recognizing the proper arousal level. There are several skills that can be learned in order to evaluate and adjust the level of arousal to better control bodily boundaries. These exercises should be completed in sequence and include a simple body awareness session where the person would practice how to sharpen the awareness of changes in the body systems.