



***Nursing from Within* Foreword from LeAnn Thieman, Nurse,  
Author, Hall of fame Speaker**

Author *Chicken Soup for the Nurse's Soul*, *Chicken Soup for a the Nurse's Soul*, *Second Dose*, *Chicken Soup for the Caregiver's Soul*, and *SelfCare for HealthCare™*, *Your Guide to Physical, Mental and Spiritual Health*. [www.LeAnnThieman.com](http://www.LeAnnThieman.com)

...*Nursing from Within* not only gives strategies and practices to care for ourselves physically, mentally and spiritually, but adjusts our mindsets to approach self-care from a new and healthy perspective. Elizabeth guides readers to a change their viewpoints and perceptions and she helps nurses make the inner shift needed to better maneuver the challenges of practicing nursing today.

Both Elizabeth and I have seen the age-old issues and problems continue to resurface throughout our careers. Healthcare givers often try to fix these challenges with the same mindsets that created them. In this book, she offers a fresh perspective of solutions that work; she empowers nurses to create health and happiness in their own lives. Elizabeth shows readers how to shift their inner perspective so they can enjoy their outer environments, no matter how stressful they may be, by using the power of their minds to make a conscious choice to improve their health, career and lives.

I respect Elizabeth's courage to be vulnerable. By allowing her authentic self to shine throughout *Nursing from Within*, her work inspires nurses to enjoy their careers on a daily basis. Elizabeth's energy and enthusiasm for the nursing profession is truly contagious.

Every person, hospital and organization I speak to agrees that nurses of strong mind, body and spirit deliver better patient care, which results in better outcomes, satisfactions scores, and ultimately reimbursements.

The answer to our healthcare challenges today lies in caring for the nurse.

*Nursing from Within* confirms that belief...that fact. This book will transform caregivers from the inside out as it is driven by principles, grounded in scientific theory, and backed by quantum physics and the laws of energy. Elizabeth's specific daily practices will help nurses enjoy clarity, confidence, vision, and empowerment so that they can perform their best in the healing art of nursing in healthy, happy, and holistic environments...