Pocket Guide to Holistic Nursing includes the most important concepts from the best selling Holistic Nursing: A Handbook for Practice, Fourth Edition by Barbara Dossey, Lynn Keegan and Cathie Guzzetta, in a convenient and easily accessible format.

Like the larger handbook, the pocket guide addresses self-healing while also providing new ideas on healing others, and offers ways of thinking and practicing both personally and professionally. Intended for students, clinicians, educators, and researchers looking to expand their knowledge of holism, healing, and spirituality, the Pocket Guide to Holistic Nursing challenges the reader to explore the inward journey toward self-transformation, to identify the growing capacity for change and healing, and to bring healing to the forefront of health care.