



# A Spirituality of Caregiving (Henri Nouwen Spirituality)

By *Henri J.M. Nouwen*

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If you provide care for another person, whether you are a family member or a professional caregiver, you know that caregiving is hard, sometimes unappreciated work. But have you ever considered that it isn't easy to be the care receiver?

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### Editorial Review

#### From the Author

For more information on the life and work of Henri J.M. Nouwen, please go to [HenriNouwen.org](http://HenriNouwen.org) .

#### From the Back Cover

*A Spirituality of Caregiving* is an exquisite, poignant gathering of Henri Nouwen's reflections on the anguish and joys of providing care for one another. Emerging from the "trial by fire" of his own experience with those needing his intimate help, Nouwen delves deeply and honestly into the ambiguities of the caregiving experience -- the gifts as well as the enormous physical, emotional, and spiritual challenges. Through his own struggle, Nouwen came to understand that caregiving can be a call to mutual spiritual presence -- to a growth in love that provides "an opportunity for inner healing, liberation, and transformation for the one being cared for and for the one who cares."

Both practical and inspiring, these reflections invite professional and private caregivers and care receivers to consider and explore a new view of caring -- one full of hope and promise, and, most of all, blessing!

#### About the Author

Henri Nouwen was born in Holland in 1932 and ordained a Catholic priest in 1957. He obtained a doctoral degree in psychology from Nijmegen University in the Netherlands and taught at Notre Dame, Yale, and Harvard. He experienced the monastic life with Trappist monks at the Abbey of the Genesee, lived among the poor in Latin America, and was interested and active in numerous causes related to social justice. After a lifetime of seeking, Henri Nouwen finally found his home in Canada, as pastor of L'Arche Daybreak - a community where intellectually handicapped people and their caregivers live together in community.

Henri Nouwen wrote over 40 books on spirituality and the spiritual life that have sold millions of copies and been translated into dozens of languages. His vision of spirituality was broad and inclusive, and his compassion embraced all of humankind.

He died in 1996. His work and his spirit live on.

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