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References

Legend:

- * **How do my Strengths and Personality Style Impact My work?**
- ** **Challenges: How Well Am I Managing?**
- *** **Stress Busters -Strategies to minimize stress, maximize success!**
- **** **My Personal Workbook – Aids for my Personal Workbook**
- ***** **Five Star Book**
- # **Research Books/Thesis etc.**

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Online Resources:

PetSmart Charities, <http://www.petsmartcharities.org/about/index.php>

Compassion Fatigue Awareness Project, www.compassionfatigue.org/

Recommended books: <http://www.compassionfatigue.org/pages/reading.html>