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Sommario/riassunto	<p>The task of being a caregiver includes having to cope with present losses, recurrent losses that occur over an extended period of time, and grief that is in anticipation of future losses or death. Long-time caregivers are thus inundated with loss and grief, a condition which can lead to emotional and physical exhaustion. But caregiving can include so much more. It is possible for caregivers to cope, to care, and to still create a good life. Caring for the Caregiver discusses and illustrates three spiritual attributes that add depth and richness to the caregiver's world. Through concepts of self-love, empathy, and hospitality, caregivers can find the inner strength, joy, and community to live a fuller life.</p>