



I.C.E.: Emergency First Aid for Surviving, Living, and Thriving Through a Crisis at Anytime

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IN CASE OF AND EMERGENCY (I.C.E.) People going through a crisis and those supporting them need extra care, love and support. This book is meant to be a quick reference guide to getting yourself, or your loved one who is experiencing a crisis, into a more balanced place. If you are a caregiver for someone who is ill, this book is for you! If you are sick, injured or ill, this book is for you! If you are feeling overwhelmed by events of the moment, day, month or year, this book is for you. All of us are thrown curve balls every once in a while, some of us more than others. Going through the process of living, surviving, helping someone through a time of crisis or just plain taking one step at a time, we all need an emergency set of personal tools to help us through...and This BOOK is for YOU! If you are ever stressed out and need a resource, this book is for YOU!

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