

A Caregiver's Companion: Spiritual Support for the Stressed-Out Soul by Cynthia B. Stotlar-Hedberg



Topeka, Kansas Dec 12, 2025 ([Issuewire.com](https://www.issuewire.com)) - Books to Life Marketing proudly presents ***A Caregiver's Companion: Spiritual Support for the Stressed-Out Soul*** by Cynthia B. Stotlar-Hedberg, a compassionate and faith-based guide that uplifts, encourages, and supports those navigating the emotional and spiritual challenges of caregiving.

Quote from the Author

"My goal is to help the person reading *A Caregiver's Companion* find multiple ideas that will make caregiving easier and more successful. Caregiving is highly stressful. The book is designed to help ease its burden. It is also designed to help the reader reconnect to God for support and comfort."
— Cynthia B. Stotlar-Hedberg

Book Summary

A Caregiver's Companion: Spiritual Support for the Stressed-Out Soul offers readers both comfort and guidance from someone who has lived the caregiving journey firsthand. Drawing upon her experiences caring for her grandmother, parents, and two late husbands, Cynthia shares heartfelt lessons, practical

strategies, and spiritual insights to help caregivers cope with stress while nurturing their faith.

The book combines Scripture-inspired reflections, practical caregiving tips, and deeply personal stories that reveal how faith can sustain and strengthen the spirit in times of exhaustion, loss, and uncertainty. It is a resource designed not only to help caregivers manage their responsibilities but also to remind them they are never alone in their journey.

Awards and Recognition:

- *2017 Focus on Woman's Magazine*: Donna Lynn Quail Award for Supporting Caregivers
- *2017 Governor's Citation, State of Maryland*: Honored for the Quill Award for Supporting Caregivers

Author Bio

Cynthia B. Stotlar-Hedberg began her professional career as a **Medical Technologist**, specializing in **Blood Banking (MT(ASCP)SBB)** and holds a **master's degree in Adult Education**. After thirteen years in hospital laboratory work, she transitioned into **Human Resources**, serving for thirty years as a **Senior Professional in Human Resources (SPHR)** and earning multiple certifications in behavioral leadership theories including DiSC, True Colors, and Situational Leadership. She also holds a **Green Belt in Six Sigma**.

As CEO of an HR and IT consulting firm for sixteen years, Cynthia developed customized training programs, seminars, and one-on-one coaching sessions. Her professional achievements, however, are only part of her story. Having served as a caregiver for her grandmother, parents, and two beloved husbands, Cynthia knows firsthand the physical, emotional, and spiritual toll caregiving can bring. These experiences inspired her to become a **Certified Christian Celebrant** and **Christian Grief-to-Joy Life Coach**—and ultimately to write this book.

"If I can be the main caregiver for each of these people in my life and stay sane, so can you," Cynthia shares. "This book has lots of ideas—hopefully, some will resonate with you."

Book Details

- **Title:** *A Caregiver's Companion: Spiritual Support for the Stressed-Out Soul*
- **Author:** Cynthia B. Stotlar-Hedberg
- **Genre/Category:** Self-Help / Faith / Spiritual Growth
- **ISBN:** 978-1-960752-20-8
- **Format:** Paperback (e-book in process)
- **Available at:** Amazon and Barnes & Noble

Connect with the Author

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Media Feature

Cynthia recently completed an in-depth interview with Chris Voss on ***The Chris Voss Show***, where she discussed her book, her caregiving experiences, and the power of faith to bring peace and renewal in times of trial. Watch the full interview here: <https://www.youtube.com/watch?v=3tVj8of3sXM>



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