



If you've never had the opportunity to read, *Personal Safety Nets: Getting Ready for Life's Inevitable Changes and Challenges* by Dr. John W. Gibson and Judy Pigott, we have the "Cliff Notes" version. In just 16 pages we've outlined all the highlights and information you'll need in order to build strong helping communities and move your helping teams move in a very positive direction. [Or read this online now!](#) [1]

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