

published in Nursing Times,
18 May 2004

[link to Nursing Times article](#) [1]

 [Stand-up-for-yourself-web.jpg](#) [2]



Source URL: <https://helencowan.co.uk/content/stand-yourself>

Links

[1] <https://helencowan.co.uk/content/stand-yourself> [2] <https://helencowan.co.uk/sites/default/files/articles-uploaded/Stand-up-for-yourself-web.jpg>