



Nursing: A Stronger Start

A practical first guide for nurses, students, and family caregivers

Build useful knowledge for better care, wiser choices, and a steadier next step.

SHAD EDDIE MONGRUE

Free preview edition · pages 1–2
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Why This Shelf Matters Now

Nursing can bring meaningful care together with a wide range of career paths. Registered nurses had a median annual wage of \$97,550 in May 2025¹, and employment is projected to grow 6 percent from 2025 to 2035¹. Nearly one in four caregivers provide at least 40 hours of care each week².

- ◆ Explore nursing work, prepare for study, or find practical ideas for supporting someone you care about.
- ◆ Use clear information to sort career, training, money, and caregiving questions before making a choice.
- ◆ Bring uncertainty into the open, then decide what you need to ask or learn next.
- ◆ Return as your needs shift, from planning a career to building skills or helping at home.

You may be exploring nursing as a career, preparing for school, working in care, or supporting someone close to you. Start with the need in front of you: a career question, a study topic, or a caregiving task. This book offers education, not medical, nursing, or financial advice. Use it to prepare better questions and choose a useful next step. Next, you'll make one small move that brings a question into focus.

INSIDE THIS BOOK

You'll start with one practical action, learn core ideas, and follow a weeklong starter plan. Then you'll explore ways learning can build skills, support choices, and point you toward your next guide.

02

Make One Clear Move

Start with a small step that makes your next nursing, study, or caregiving question easier to answer. Set aside a short block of time today and create a simple learning-and-action note.

- ◆ Write down the main nursing, study, work, or caregiving question you want to clarify.
- ◆ Describe what you already know, then mark the parts that still feel uncertain.
- ◆ Choose one trustworthy person or official resource to consult about your question.
- ◆ Write one follow-up action, such as preparing a question for a health professional.

Keep your note focused on what you need to understand, not on solving everything at once. If a health concern is involved, record what you have observed and prepare a clear question for an appropriate professional. For a career or training choice, list the details you still need to check. A focused note turns a vague worry into a starting point you can return to. Next, you'll use a few core ideas to make sense of nursing information.

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You've read the free pages. Here's what the rest of this book covers:

- 3 Nursing Basics, Made Clear
- 4 Build a Week of Progress
- 5 Learn, Earn, and Stay Ready
- 6 Your Next Steps Start Here

BY THE END OF THIS SHELF, YOU WILL

- ◆ Turn questions into useful next steps
- ◆ Understand nursing career information
- ◆ Build practical study and caregiving habits
- ◆ Prepare better questions for professionals
- ◆ Make more informed choices

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Sources for the free pages

Every statistic in this book is numbered and links to the page it came from. Each one was checked word for word against its source in October 2026. Figures can change as sources update. This book is for education and is not personal financial, legal, medical or professional advice.

- 1 **U.S. Bureau of Labor Statistics**, Registered Nurses: Occupational Outlook Handbook (May 2025). <https://www.bls.gov/ooh/healthcare/registered-nurses.htm>
- 2 **AARP Press Room**, New Report Reveals Crisis Point for America's 63 million Family Caregivers (2025). <https://www.aarp.org/press/releases/2025-07-24-new-report-reveals-crisis-point-for-americas-63-million-family-caregivers.html>