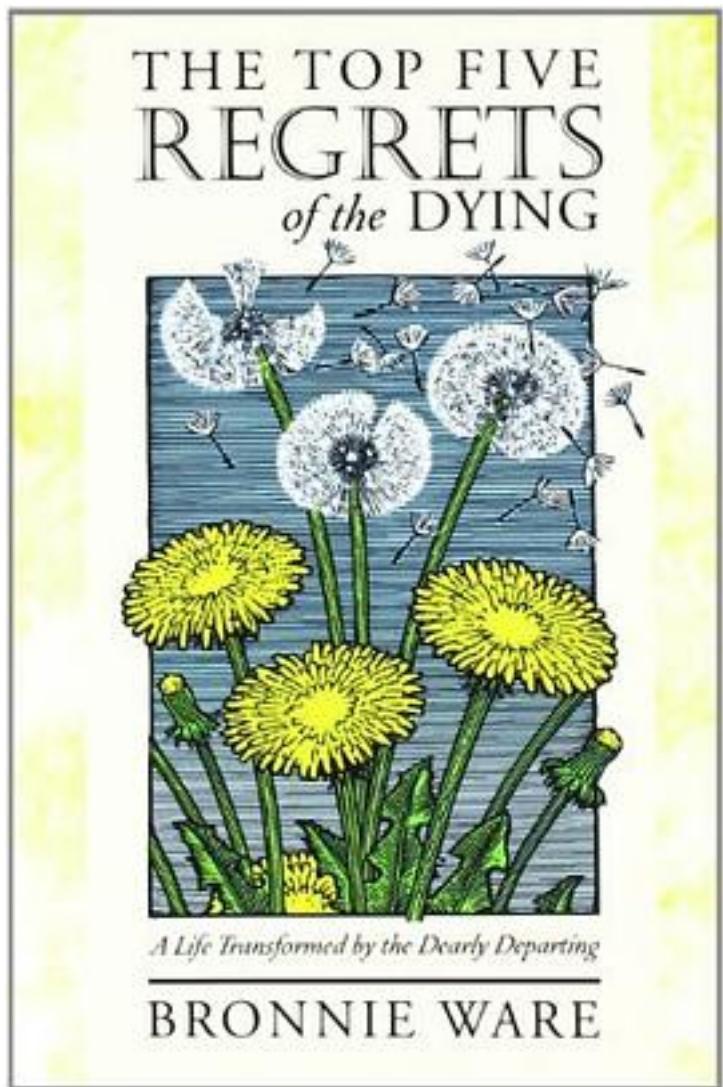


The Top Five Regrets of the Dying



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著者:Bronnie Ware

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After too many years of unfulfilling work, "Bronnie Ware" began searching for a job with heart. Despite having no formal qualifications or experience, she found herself working in palliative care.

Over the years she spent tending to the needs of those who were dying, Bronnie's life was transformed. Later, she wrote an Internet blog about the most common regrets expressed to her by the people she had cared for. The article, also called "The Top Five Regrets of the Dying," gained so much momentum that it was read by more than three million people around the globe in its first year. At the requests of many, Bronnie now shares her own personal story.

Bronnie has had a colourful and diverse past, but by applying the lessons of those nearing their death to her own life, she developed an understanding that it is possible for people, if they make the right choices, to die with peace of mind. In this book, she expresses in a heartfelt retelling how significant these regrets are and how we can positively address these issues while we still have the time.

"The Top Five Regrets of the Dying" gives hope for a better world. It is a story told through sharing her inspiring and honest journey, which will leave you feeling kinder towards yourself and others, and more determined to live the life you are truly here to live. This delightful memoir is a courageous, life-changing book.

作者介绍:

Through her work Bronnie Ware weaves delightful tales of real life observations and experience. Using gentleness, honesty and humour, Bronnie celebrates both the strength and vulnerability of human nature. Her message is a positive and inspiring one.

As well as performing her own songs, Bronnie runs an online personal growth and songwriting course, writes a well-loved blog called "Inspiration and Chai," including articles that have been translated into several languages, and is the author of the full-length memoir, "The Top Five Regrets of the Dying: "" A Life Transformed by the Dearly Departing. "www.bronnieware.com"

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标签

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改变了我人生态度的启蒙书

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评论

Life is unique, however, there are regrets still: 1. I wish I'd had the courage to live a life true to myself, not the life others expected of me. 2. I wish I didn't work so hard. 3. I wish I'd had the courage to express my feelings. 4. I wish I had stayed in touch with my friends. 5. I wish that I had let myself be happier.

与其说哪些后悔让我学到什么，不如说作者同感的方式让我感到温暖

To live a life true to myself, not the life others expected of me.

为什么会在这个时间看这样标题的书呢，是因为忽然觉得死亡太近。这本书文字并不算好。

16%

英文版，写的不够紧凑，跳着看完了，每个故事还是很触动人心的，道理大家都懂

比起名利、权位，其实你更在意的是想做对人、对社会有意见的事情？

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书评

“临终”的话题，敏感又不被待见，特别在我朝。所以这本“临终前最后悔的五件事”在豆瓣只有区区35个评价，特别不被待见。网上搜罗，基本买不到正版。哎呦这个话题是有多不讨喜？无奈淘了疑似盗版的一本，在本月最忙的一周里，把它给啃了。作者是一个游戏人生的澳洲大妞，打卡...

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