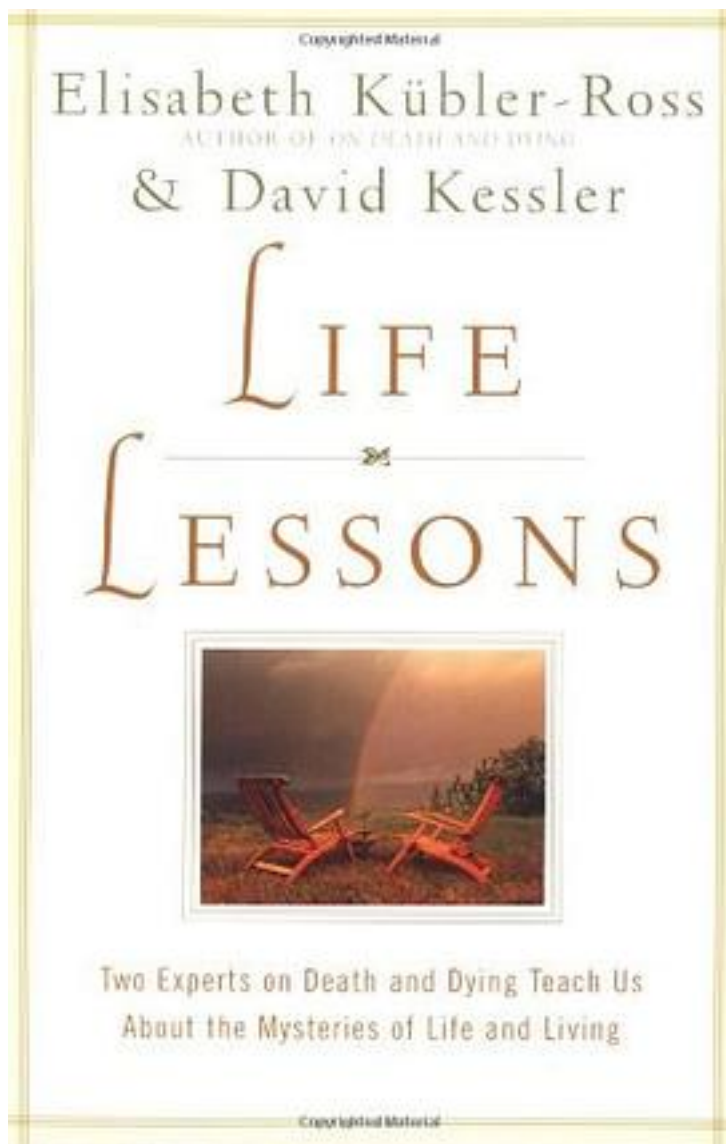


Life Lessons



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出版者:Simon & Schuster

出版时间:2000-11

装帧:HRD

isbn:9780684870748

A Message From Elisabeth

We all have lessons to learn during this time called life; this is especially apparent when working with the dying. The dying learn a great deal at the end of life, usually when it is too late to apply. After moving to the Arizona desert in 1995, I had a stroke on Mother's Day that left me paralyzed. I spent the next few years at death's door. Sometimes I thought death would come within a few weeks. Many times, I was disappointed that it did not come, for I was ready. But I have not died because I am still learning the lessons of life, my final lessons. These lessons are the ultimate truths about our lives; they are the secrets to life itself. I wanted to write one more book, not on death and dying but on life and living.

Is this really how I want to live my life? Each one of us at some point asks this question. The tragedy is not that life is short but that we often see only in hindsight what really matters. In *Life Lessons*, her first book on life and living, Elisabeth Kübler-Ross joins with David Kessler to guide readers through the practical and spiritual lessons we need to learn so that we can live life to its fullest in every moment. Many years of working with the dying have shown the authors that certain lessons come up over and over again. Some of these lessons can be difficult to master, but even the attempts to understand them are deeply rewarding. Here, in fourteen accessible chapters, from the Lesson of Love to the Lesson of Happiness, the authors reveal the truth about our fears, our hopes, our relationships, and, above all, the grandness of who we really are.

作者介绍:

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