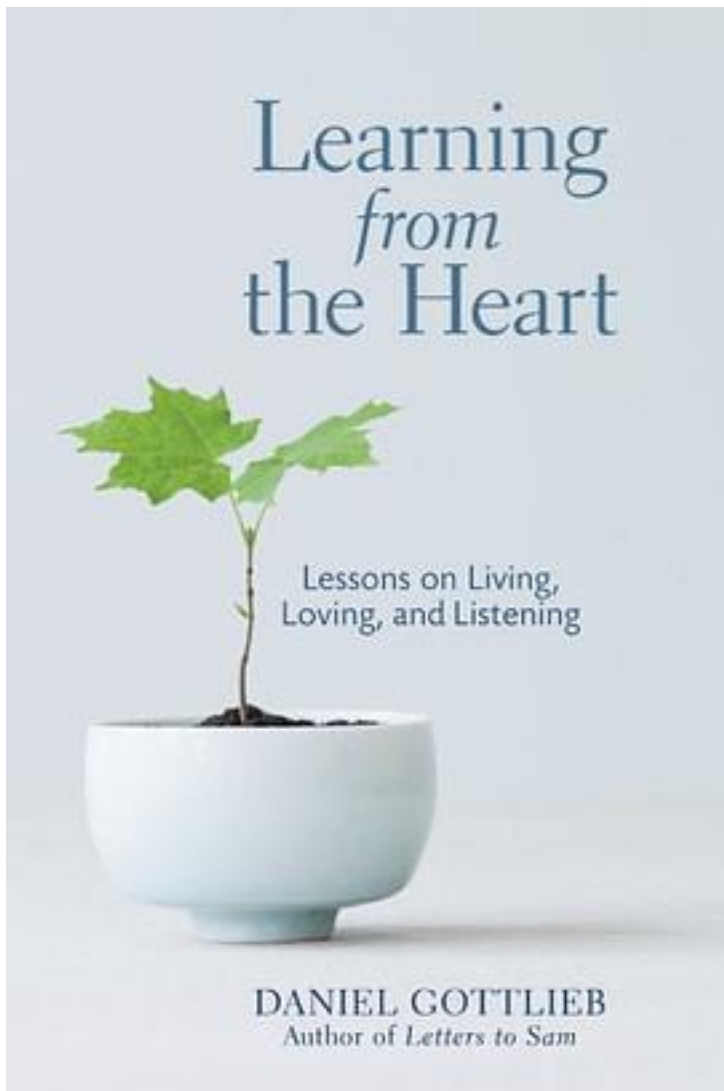


Learning from the Heart



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In the nearly 30 years since the accident that made radio personality and columnist Dan Gottlieb a quadriplegic, he developed a finely-tuned quality of awareness that most people never achieve: he became an outsider among us—"like a foreign correspondent," as he puts it. From that vantage point, he has acutely observed the way people act, think, feel, and live—in short, he studied and learned exactly what it means to be human. Here, Dan shares his insights, written with humor, honesty, a gift for storytelling, and breathtaking compassion.

Learning from the Heart looks at what divides as well as unites us, including the problems of family life; difficulties confronting today's parents; challenges faced by the disabled and the aging; and issues of injustice that affect the way we understand the world and our lives.

Although Dan is now speaking directly to the reader, rather than to his own family, you'll recognize the distinctive voice and format that caused an outpouring of e-mail from fans of Letters to Sam: short anecdotal chapters rich in wisdom, generously revealing and deeply personal, and resonating with universal truths.

作者介绍:

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标签

原版书

LifeTips

评论

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书评

Maybe all of life is about how we manage our anxiety. 这句话是某一篇文章的开头。虽然作者并不能告诉我们如何控制anxiety。但是他告诉我们，当我们试图不那么费劲的去控制anxiety的时候，它也就不能完全控制我们了。生活是一个时刻伴随着anxiety的过程。只不过，我们可...

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