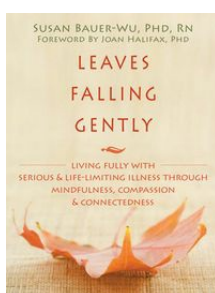


LEAVES FALLING GENTLY: LIVING FULLY WITH SERIOUS AND LIFE-LIMITING ILLNESS THROUGH MINDFULNESS, COMPASSION, AND CONNECTEDNESS

A life-limiting illness may have taken hold of your body, but you can still live more fully and openly than ever before. You can enrich your life by exploring ways to make peace with yourself and deepen connections with friends and family. This book will help you reap the benefits of mindfulness...



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Author **Susan Bauer-Wu**

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Reader's Opinions

Another good introduction to life with serious illness, Susan Bauer-Wu's work integrates mind-body work, particularly the research and teaching lead by Jon Kabat-Zinn. This is accessible to people with no particular spiritual path, and meant for folks living with serious and intense pain.