



Simple Lessons for a Better Life: Unexpected Inspiration from Inside the Nursing Home (Paperback)

By Charles E. Dodgen

Prometheus Books, United States, 2015. Paperback. Book Condition: New. 203 x 132 mm. Language: English . Brand New Book. From the unique experiences of nursing home residents, an empathic psychologist derives lessons for living a better life, demonstrating how people find happiness, peace, and fulfillment despite challenging circumstances. Perfect for readers who seek inspiration for living a better life at any age and who enjoy books on inspiration/motivation, wellness, psychology, self-improvement, wellness, and issues of aging. The desire to live a good life is timeless. And, sometimes, insight into what really matters emerges from where we least expect it. Even the most challenging circumstances can have a surprise silver lining. This perceptive and inspiring book shows that anyone can learn valuable life lessons from the unique experiences of nursing home residents. Using illustrative vignettes of his interactions with people facing serious physical, mental, and social challenges, the author derives twenty-eight simple, yet profoundly important, lessons for living a richer life lessons that apply to people at any age. Dr. Dodgen, a clinical psychologist who has worked with this population for eighteen years, has discovered that when the surplus trappings of lifestyle are cleared away and lives are stripped to their...



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Reviews

Absolutely essential read publication. it absolutely was written very completely and valuable. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Sarai Lebsack

Thorough guide for book enthusiasts. I am quite late in start reading this one, but better then never. Your lifestyle span will be transform when you total reading this article book.

-- Lindsey Larson

Relevant Books



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford's post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying—including cyberbullying—arms parents and teachers with real solutions for a...



Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned (Paperback)

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****. Mr. George Smith, a children's book author, has been conducting writing workshops at schools since 2004....



Things I Remember: Memories of Life During the Great Depression (Paperback)

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 203 x 142 mm. Language: English . Brand New Book ***** Print on Demand *****. Some Americans who were born and raised during the Great Depression, have passed from this life although...



Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Merry Xmas! Your kid will love this adorable Christmas book with a lot of interesting tales and...



The Mystery at Big Ben (Paperback)

Gallopade International, United States, 2005. Paperback. Book Condition: New. 188 x 132 mm. Language: English . Brand New Book. Mimi and Papa speed away to London, England in their little red and white airplane, The Mystery Girl. Tagging along are grandchildren Christina,...
