

Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness

By Susan Bauer-Wu PhD RN FAAN

Donwload Read Online

Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness By Susan Bauer-Wu PhD RN FAAN

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 and acceptance, one day at a time.

Leaves Falling Gently is a comforting guide to the mindfulness and compassion practices that will help you embrace the present moment, despite your illness. With each simple practice, you'll deepen your appreciation for the experiences that bring you joy and enhance your capacity for gratitude, generosity, and love. As you work through each personal reflection and guided meditation, you'll regain the strength to live fully, regardless of the changes and challenges that come.

Download Leaves Falling Gently: Living Fully with Serious a ...pdf

Read Online Leaves Falling Gently: Living Fully with Serious ...pdf

Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness

By Susan Bauer-Wu PhD RN FAAN

Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness By Susan Bauer-Wu PhD RN FAAN

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 and acceptance, one day at a time.

Leaves Falling Gently is a comforting guide to the mindfulness and compassion practices that will help you embrace the present moment, despite your illness. With each simple practice, you'll deepen your appreciation for the experiences that bring you joy and enhance your capacity for gratitude, generosity, and love. As you work through each personal reflection and guided meditation, you'll regain the strength to live fully, regardless of the changes and challenges that come.

Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness By Susan Bauer-Wu PhD RN FAAN Bibliography

- Sales Rank: #363076 in Books
- Published on: 2011-09-01
- Original language: English
- Number of items: 1
- Dimensions: 7.90" h x .50" w x 5.90" l, .45 pounds
- Binding: Paperback
- 160 pages

Download Leaves Falling Gently: Living Fully with Serious a ...pdf

Read Online Leaves Falling Gently: Living Fully with Serious ...pdf

Download and Read Free Online Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness By Susan Bauer-Wu PhD RN FAAN

Editorial Review

Review

"A friendly introduction to a way of being that can literally and metaphorically give your life back to you."
—Jon Kabat-Zinn, PhD, professor of medicine emeritus at the University of Massachusetts Medical School and author of *Full Catastrophe Living* and *Coming to Our Senses*

"*Leaves Falling Gently* is simply a magnificent guide for all of us on how to stay fully alive even as we approach the inevitable moment of our death. Written with a poet's eye for incisive clarity and a clinician's heart for compassionate care, this treasure of a book is a gift for us all. Whether the timing of our life's ending remains uncertain or the onset of illness has made clear our journey's end, Susan Bauer-Wu's clear and loving words provide life-affirming wisdom that will greatly aid the lives of caregivers and care receivers alike. Soak in these transformative words and your life will be greatly enriched, wherever you are in your journey."
—Daniel J. Siegel, MD, executive director of the Mindsight Institute, clinical professor at the University of California, Los Angeles School of Medicine, and author of *Mindsight* and *The Mindful Therapist*

"*Leaves Falling Gently* beautifully combines the wisdom of reflection, the rigor of science, and the beauty of a deeply engaged heart. Susan Bauer-Wu guides readers to live fully and gracefully with serious illness. With gentle clarity, this book offers a wealth of ideas and practices illuminating a way of being that has the power to transform our individual and collective lives."
—Shauna L. Shapiro, PhD, associate professor of counseling psychology at Santa Clara University and coauthor of *The Art and Science of Mindfulness*

"Susan Bauer-Wu describes how to live fully rather than withdrawing and feeling dread and despair when faced with a life-limiting illness. *Leaves Falling Gently* empowers readers to achieve peace of mind through mindfulness meditation and gain control over their feelings and relationships. This is a must-read for those individuals confronted with chronic, life-threatening diseases and their families."
—David S. Rosenthal, MD, professor of medicine at Harvard Medical School and past president of the American Cancer Society

"A powerful book! Susan Bauer-Wu has attacked the problems of life and death. Her book gives concrete solutions to patients and loved ones who need advice. It is an essential book for the living who may be dying. A must-read."

—Zorba Paster, MD, host of *On Your Health* on Public Radio International

"*Leaves Falling Gently* offers a direct, compelling, and practical guide to living fully even when facing serious illness. It can help us help our friends and family in the times when we so rarely know how to respond."
—Sharon Salzberg, author of *Real Happiness* and *Lovingkindness*

"Susan Bauer-Wu's book, *Leaves Falling Gently*, is the most accessible, loving and practical introduction to mindful awareness, compassion, healing and wholeness that I have ever seen. It is a precious gift for anyone who faces (or will face) life-limiting illness and death. She shows us how conditions of illness and dying, often experienced as profoundly limiting, point us to hidden wellsprings of kindness, empathy, gratitude and forgiveness beyond limits. Right through the particulars of our feelings, emotions, and reactions to illness and dying, she brings us home to the deep safety, compassion, and wholeness in the very ground of our being."
—John Makransky, professor of Buddhism and comparative theology at Boston College

"Susan Bauer-Wu writes with the precision of a scientist, vision of a scholar, and pragmatism of someone who cares for others professionally and personally. In *Leaves Falling Gently*, she has distilled the wisdom of generations of teachers and global traditions into a practical, actionable guide for being well through the most difficult times in human life. *Leaves Falling Gently* is simple and unpretentious, yet profound. It is, quite simply, a guide to living honestly, fully, soulfully, and joyfully through even the hardest of times. What a gift! *Leaves Falling Gently* is a treasure—one to be savored and shared."
—Ira Byock, MD, palliative care physician, professor at Dartmouth Medical School, and author of *Dying Well* and *The Four Things That Matter Most*

"This important book offers insight and inspiration for all who seek to live life fully, even in the midst of challenges beyond your control. Research, experience, and personal practice blend together to illuminate a unique approach, and Susan’s writing is clearly helpful in connecting us with what matters most."
—Ben Campbell Johnson, Ph.D. Professor Emeritus, Columbia Theological Seminary and author of *Companions in Contemplation: Reflections on the Contemplative Path*.

From the Publisher

In Leaves Falling Gently, psychologist Susan Bauer-Wu presents mindfulness and compassion practices designed to help readers with terminal illnesses find fulfillment and peace. Readers learn a variety of skills for improving their quality of life, coping with fears, and making meaningful connections with others.

From the Back Cover

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 and acceptance, one day at a time.

"Leaves Falling Gently" is a comforting guide to the mindfulness and compassion practices that will help you embrace the present moment, despite your illness. With each simple practice, you'll deepen your appreciation for the experiences that bring you joy and enhance your capacity for gratitude, generosity, and love. As you work through each personal reflection and guided meditation, you'll regain the strength to live fully, regardless of the changes and challenges that come.

Users Review

From reader reviews:

Shawn Hodgin:

Do you have favorite book? When you have, what is your favorite's book? Book is very important thing for us to be aware of everything in the world. Each publication has different aim or perhaps goal; it means that publication has different type. Some people sense enjoy to spend their time to read a book. They can be reading whatever they have because their hobby is actually reading a book. Why not the person who don't like reading through a book? Sometime, man or woman feel need book after they found difficult problem as well as exercise. Well, probably you should have this Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness.

Charlotte Ramsey:

In this 21st one hundred year, people become competitive in most way. By being competitive at this point, people have do something to make these survives, being in the middle of the actual crowded place and notice simply by surrounding. One thing that often many people have underestimated the idea for a while is reading. Yep, by reading a e-book your ability to survive enhance then having chance to remain than other is high. In your case who want to start reading the book, we give you this particular Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness book as beginner and daily reading reserve. Why, because this book is usually more than just a book.

Carolyn Bailey:

People live in this new morning of lifestyle always try to and must have the free time or they will get wide range of stress from both way of life and work. So , when we ask do people have extra time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity do you have when the spare time coming to an individual of course your answer will certainly unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative in spending your spare time, typically the book you have read is actually Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness.

Jami Hannah:

On this era which is the greater man or woman or who has ability to do something more are more special than other. Do you want to become among it? It is just simple approach to have that. What you must do is just spending your time not much but quite enough to possess a look at some books. One of many books in the top listing in your reading list is definitely Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness. This book which is qualified as The Hungry Inclines can get you closer in growing to be precious person. By looking upward and review this e-book you can get many advantages.

Download and Read Online Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness By Susan Bauer-Wu PhD RN FAAN #DXWOMGNSQRZ

Read Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness By Susan Bauer-Wu PhD RN FAAN for online ebook

Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness By Susan Bauer-Wu PhD RN FAAN Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness By Susan Bauer-Wu PhD RN FAAN books to read online.

Online Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness By Susan Bauer-Wu PhD RN FAAN ebook PDF download

Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness By Susan Bauer-Wu PhD RN FAAN Doc

Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness By Susan Bauer-Wu PhD RN FAAN Mobipocket

Leaves Falling Gently: Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedness By Susan Bauer-Wu PhD RN FAAN EPub