



## Simple Lessons for a Better Life: Unexpected Inspiration from Inside the Nursing Home

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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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