

Tuesdays with Morrie: An Old Man, a Young Man, and Life's Greatest Lesson

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Maybe it was a grandparent, or a teacher, or a colleague. Someone older, patient and wise, who understood you when you were young and searching, helped you see the world as a more profound place, gave you sound advice to help you make your way through it.

For Mitch Alбом, that person was Morrie Schwartz, his college professor from nearly twenty years ago.

Maybe, like Mitch, you lost track of this mentor as you made your way, and the insights faded, and the world seemed colder. Wouldn't you like to see that person again, ask the bigger questions that still haunt you, receive wisdom for your busy life today the way you once did when you were younger?

Mitch Alбом had that second chance. He rediscovered Morrie in the last months of the older man's life. Knowing he was dying, Morrie visited with Mitch in his study every Tuesday, just as they used to back in college. Their rekindled relationship turned into one final "class": lessons in how to live.

Tuesdays with Morrie is a magical chronicle of their time together, through which Mitch shares Morrie's lasting gift with the world.

This true story about the love between a spiritual mentor and his pupil has soared to the bestseller list for many reasons. For starters: it reminds us of the affection and gratitude that many of us still feel for the significant mentors of our past. It also plays out a fantasy many of us have entertained: what would it be like to look those people up again, tell them how much they meant to us, maybe even resume the mentorship? Plus, we meet Morrie Schwartz--a one of a kind professor, whom the author describes as looking like a cross between a biblical prophet and Christmas elf. And finally we are privy to intimate moments of Morrie's final days as he lies dying from a terminal illness. Even on his deathbed, this twinkling-eyed mensch manages to teach us all about living robustly and fully. Kudos to author and acclaimed sports columnist Mitch Alбом for telling this universally touching story with such grace and humility. --Gail Hudson "This is a sweet book of a man's love for his mentor. It has a stubborn honesty that nourishes the living."

--Robert Bly, author of Iron John

"A deeply moving account of courage and wisdom, shared by an inveterate mentor looking into the mult textured face of his own death. There is much to be learned by sitting in on this final class."

--Jon Kabat-Zinn, coauthor of Everyday Blessings and Wherever You Go, There You Are

"All of the saints and Buddhas have taught us that wisdom and compassion are one. Now along comes Morrie, who makes it perfectly plain. His living and dying show us the way."

--Joanna Bull, Founder and Executive Director of Gilda's Club

Other Books

Human Aging. This text offers a readable and friendly presentation of the important methods, findings, and theories of human aging, while actively involving the reader in

meaningful exercises and critical thinking. Students are repeatedly challenged to apply information in the text to the older adults in their own lives. Specifically, suggestions for enhancing the lives of their older relatives are offered and encouraged. These include guidelines for discussions they might have regarding social, emotional, and environmental changes as well encouraging intellectual and social interaction. In this Edition: Emphasis on the science of the study of aging and why questions in aging are difficult to answer, how social scientists attempt to handle such difficulties, and the successes and failures social scientists have had thus far in answering those questions. The text also demonstrates how current research findings are now being applied in the real world and/or how they might be applied in the future. Cross-cultural comparisons and ethnic group comparisons are included wherever possible. Each chapter begins with "Senior View," which introduces students to a real person and gives them a chance to hear what older adults think and say about important issues related to the chapter and a chance to compare those opinions to the research findings. Each chapter ends with "Making Choices," emphasizing the important behavioral, emotional, and social choices that students can make now to prolong a healthy, happy life. "Chapter Projects" offer the opportunity for active learning, as students investigate for themselves an issue related to the chapter. Instructors can expand these projects for students who want to learn more, or for independent study. "Focus on Aging" boxes compliment the material in the text, providing additional insight and examples, and encouraging critical thinking. Every chapter includes discussion questions, study questions, chapter exercises, and related online resources.

❓ ❓ ❓ ❓ ❓ . What hypotheses have been proposed to account for the higher mortality rate for widowed men and women? Are any of these hypotheses ... Tuesdays with Morrie : An Old Man , a Young Man , and Life's Greatest Lesson. New York: Doubleday."