

Lessons in Loss and Living: Hope and Guidance for Confronting Serious Illness and Grief

Michele A. Reiss



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"Michele Reiss reminds us that it should not take a life-threatening illness, or loss, or trauma to awaken us to living each day with joy, blessings, passion, and purpose. This book, with its profound lessons, is a gift." —Ann Webster, Ph.D., Benson Henry Institute for Mind-Body Medicine, Harvard Medical School

"In reading *Lessons in Loss and Living*, I felt that I was listening to a wise, trusted friend. Give yourself the gift of this necessary read, and then give it to a friend." —Lulu Orr, Executive Director, Good Grief Center

Dr. Michele Reiss, an expert in the field of death and dying, specializes in helping clients cope with lifethreatening illnesses and helping their families through the grieving process. A highly respected therapist, she counseled Randy Pausch, author of *The Last Lecture*, and his wife, Jai, as Randy was dying of pancreatic cancer.

Now Dr. Reiss provides comfort and counsel for readers who are coping with the challenges of serious illness or grief. Through real-life examples of people who have dealt with cancer and other illnesses, she has given us a book about hope and the art of living and loving well, despite significant adversity.

This beautifully written, inspiring book reminds the rest of us that time is precious, and that we should live our lives fully, generously, and with joy.

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