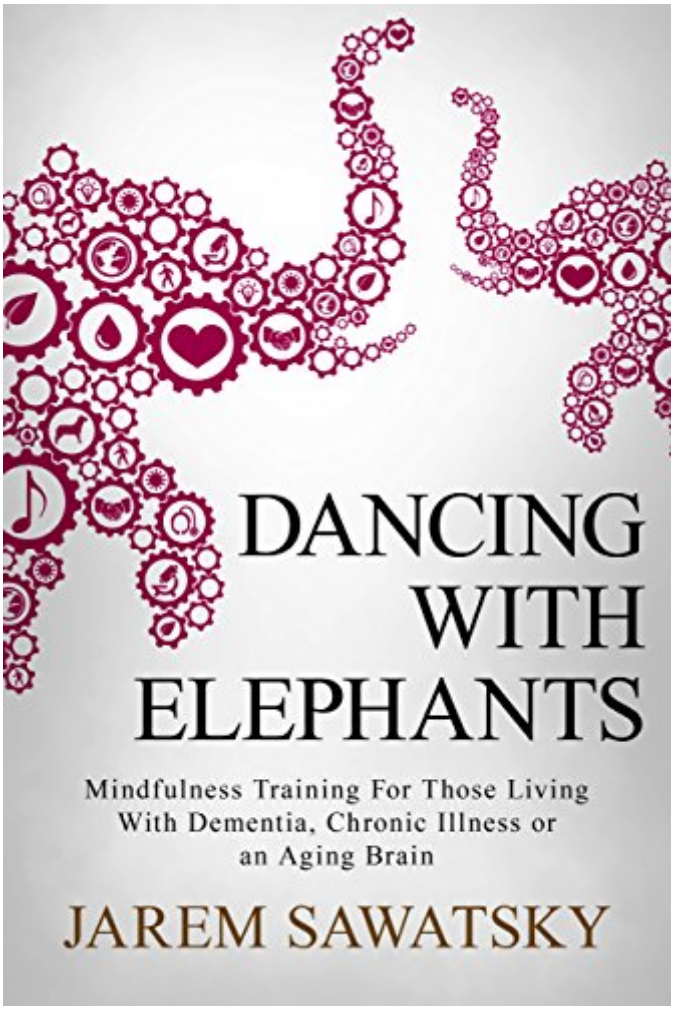
Ebook Directory
the best source of ebook

The book was found

Dancing With Elephants: Mindfulness Training For Those Living With Dementia, Chronic Illness Or An Aging Brain (How To Die Smiling Book 1)




PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Praise for Dancing with Elephants:"If you need some encouragement in living with joy, read this book. It will change your perspective on everything." Ã¢â ¬â •Lana Philips "Sawatsky beautifully models a way to dance in the gale of full catastrophe, to celebrate life, to laugh with it and at himself." Ã¢â ¬â •Jon Kabat-Zinn, national bestselling author of Full Catastrophe Living"...beautiful and inspiring book...full of humor and wisdom about the pain of loss in our life, by someone living with a debilitating disease." Ã¢â ¬â •Jean Vanier, national bestselling author of Becoming HumanWant to enjoy the life you are living, even as you face major life challenges? Is your mind succumbing to age? Is your body failing you? Can you ever find joy, peace, or fulfillment in these challenging conditions? The answer is a resounding YES. Author Jarem Sawatsky saw the countless guides out there for those caring for the ill and healing the curable, but when he was diagnosed with HuntingtonÃ¢â ¬â„¢s Disease he found there was nothing for those living with incurable illness. He quit his job as a professor and devoted his life to exploring the possibilities of living with chronic conditions. Now heÃ¢â ¬â„¢s bringing his findings and insights to you. In Dancing With Elephants youÃ¢â ¬â„¢ll discover:Simple practices to bring healing to your heart and life to your new outlookHumorous (and occasionally heart-wrenching) stories of SawatskyÃ¢â ¬â„¢s own journeyMultiple ways to build confidence in yourself, even when youÃ¢â ¬â„¢ve been shaken to the coreA new perspective to transform your pain and renew your spiritPractical tools to face your seemingly inescapable fears, and much, much more!Based on the popular blog of the same name, Dancing With Elephants includes insightful interviews with chronic disease experts Jon Kabat-Zinn, Lucy Kalanithi, and Patch Adams. SawatskyÃ¢â ¬â„¢s landmark book provides support that only a fellow traveler down this road can offer. If you like touching stories, mindful wisdom, and a touch of irreverent humor, then youÃ¢â ¬â„¢ll love SawatskyÃ¢â ¬â„¢s life-changing book.Buy Dancing With Elephants today to discover a new way to live!

Book Information

File Size: 2161 KB

Print Length: 226 pages

Simultaneous Device Usage: Unlimited

Publisher: Red Canoe Press (March 3, 2017)

Publication Date: March 3, 2017

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B06XF58ML9

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #6,358 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #2 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Aging #4 inÃ Â Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Inspirational > Biography

Customer Reviews

I read an advance reader copy, and I've been trying to figure out what to say about it since.The amount of wisdom contained in this book is unbelievable. Jarem interviewed Jon Kabat-Zinn, Patch Adams, Lucy Kalanthi (wife of Paul Kalanthi who wrote When Breath Becomes Air), Jean Paul Lederach, and Toni Bernhard about living with chronic illness. He comes from a Christian background, but is heavily influenced by the teachings of Thich Nhat Hanh. It's a unique spirituality that makes this book just that much more special.His story of living with Huntington's Disease as a family member (it is genetic) and after he received the diagnosis he had expected to get is not sad or sentimental in any way. You don't feel sorry for him in any way when reading this narrative. He "transformed fear into joyful dancing."The cover is one of the most fun I've ever seen. I would never have considered dancing with elephants as a way of going through, but Jarem not only makes it seem bearable, but a love-filled joy.If you need some encouragement in living with joy, read this book. It will change your perspective on everything. Even if you don't have a chronic illness, I recommend this book. It's one that will stay with you and teach you something new with every page.I love his poetry as well. It enhanced the prose in a way that blessed me.

Bought both hardback and digital copy of Dancing with Elephants, by Jarem Sawatsky, PhD; With my dementia symptoms, reading requires extra time and extra tools, so I have only completed the first six chapters. So far, this book is not just profound in an esoteric way, but with important applications to the life of each Person With Dementia (and those who care about them).

ÃƒÂ¢Ã â ¬Ã Å“Honey, you go on to bed; this book is just so profound that I need to keep reading.ÃƒÂ¢Ã â ¬Ã Â•ÃƒÂ¢Ã â ¬Ã Â• Yup; when reading this book that was what I told my husband.This is a book for facing disease and aging in a ÃƒÂ¢Ã â ¬Ã ËœhealingÃƒÂ¢Ã â ¬Ã â„¢ way; the clarity to help each of us learn about loving, letting go, and living in the present moment. If I were able, I would read it like a quality textbook; quick scan, then very slow thoughtful digestion of each chapter. Filled with jewels of thought, JaremÃƒÂ¢Ã â ¬Ã â„¢s words reflect many of my friendÃƒÂ¢Ã â ¬Ã â„¢s thoughts on what are the most crucial actions and attitudes for best well-being after diagnosis ÃƒÂ¢Ã â ¬Ã Â¦ with excellent suggestions for follow-up.Congratulations on this book, Jarem!Truthful L. Kindness

I was diagnosed with aggressive brain cancer a year and a half ago. I've read a large stack of books about living with serious illness. This one was, by far, the most helpful and the most enjoyable one of the stack. Every chapter gave me practical wisdom I could apply in my own life, and also good stories to laugh with and savor. One of my favorite practices that I borrowed from the book was taking a healing walk with an ancestor. Since learning of the practice in the book, I've done it many times. I highly recommend this book for anyone who is living with serious illness, anyone who loves someone who is, and anyone who is aging and thinks they might die someday! Cultivating practices and an attitude to help us die smiling is about the best gift I can imagine.

Clever, interesting and helpful

If there's anything "sick" people need, it's a great dose of hope and humor. That's exactly what Jarem Sawatsky delivers in Dancing with Elephants. It's a completely outside-of-the-box look at life with chronic or terminal illness, dealing with the body's declining abilities in humorous yet meaningful ways. I have spoken very highly of this book to my support group and hope to see this become THE book to read for everyone who deals with chronic/terminal illness, whether personally or from the outside.

Dancing with Elephants: Mindfulness Training For Those Living With Dementia, Chronic Illness or an Aging Brain (How to Die Smiling Book 1)By Jarem SawatskyWOW!JustÃƒÂ¢Ã â ¬Ã Â¦wow!I am a 52-year-old woman with a history of Dementia in my family. It is a fear, of mine, that I too will come down with this disease. Especially now when I canÃƒÂ¢Ã â ¬Ã â„¢t remember the names of my grand-children or the names for kitchen tools or office supplies. (IÃƒÂ¢Ã â ¬Ã â„¢m told this is

very normal at my ageÃƒÂ¢Ã â ¬Ã Â|but stillÃƒÂ¢Ã â ¬Ã Â|)I have read a few, more science-y books on AlzheimerÃƒÂ¢Ã â ¬Ã â„¢s and dementia. Some IÃƒÂ¢Ã â ¬Ã â„¢ve actually understood. None of them did I enjoy. THIS BOOK, however, Dancing with Elephants was a JOY to read.Dr. Sawatsky is an incredibly talented writer. His humor and wit are woven all throughout this book in such a way that it never takes away from the seriousness of the topic and yet, youÃƒÂ¢Ã â ¬Ã â •the readerÃƒÂ¢Ã â ¬Ã â •are left with a smile on your face and hope in your heart.He touches on several different subjects, not just dementia. Chronic, terminal illnesses for example. He himself has been diagnosed with Huntington's DiseaseÃƒÂ¢Ã â ¬Ã â •a terminal diagnoses in which the brain cells are slowly destroyed stealing away the vestiges of who the bearer is and was. ItÃƒÂ¢Ã â ¬Ã â„¢s a devastating condition. And yet, Dr. Sawatsky is facing it with dignity, resolve, planning and humor. Through his writing, I have feelings of sorrow for him and his loved ones. Yet, I do not pity. I can only hope to face my own endÃƒÂ¢Ã â ¬Ã â •whenever it may comeÃƒÂ¢Ã â ¬Ã â •with as much wit and wisdom, temerity and courage.I do notÃƒÂ¢Ã â ¬Ã â •at this moment in timeÃƒÂ¢Ã â ¬Ã â •have dementia. I may never get it. Who knows. However, the other facet of this book is the fount of information just on aging in general. This book is filled with passages, stories and information that brought me both joy and comfort along with a great deal of information that I can use and understand.In addition, Dr. SawatskyÃƒÂ¢Ã â ¬Ã â„¢s spiritual underpinning was a delight to see in his writing. Though his background is in Christianity he also leans toward Buddhism and the teachings of Thich Nhat Hanh a Vietnamese monk. (While I personally do not follow Buddhism, and am a very conservative ChristianÃƒÂ¢Ã â ¬Ã â •and all that entailsÃƒÂ¢Ã â ¬Ã â •I am wise enough to know there are wiser men and women than I.) Thich Nhat HanhÃƒÂ¢Ã â ¬Ã â„¢s teachings are of peace among human beings, human rights and givingÃƒÂ¢Ã â ¬Ã Â| Those teachings are both astute and beneficial. Following your heart to the benefit of others as well as yourself is a main theme in Dancing with Elephants, one that touched my own heart and moved me with emotion.I am not usually a ÃƒÂ¢Ã â ¬Ã Å“self-helpÃƒÂ¢Ã â ¬Ã Â• kind of reader. Yet, IÃƒÂ¢Ã â ¬Ã â„¢m so glad I stepped out of my comfort zone to read this book. It HAS helped me to focus on the things that matter in my life. Not my weaknesses or fears. I am concentrating on the joy in my life. My husband, my kids, my grandkids, parents, siblings and so forth. THEY are whatÃƒÂ¢Ã â ¬Ã â„¢s important. If I age gracefullyÃƒÂ¢Ã â ¬Ã Â|or not so muchÃƒÂ¢Ã â ¬Ã Â|it doesnÃƒÂ¢Ã â ¬Ã â„¢t matter. If I can find humor and joy, comfort and peace in all my circumstances, thatÃƒÂ¢Ã â ¬Ã â„¢s what matters.

Download to continue reading...

Dancing with Elephants: Mindfulness Training For Those Living With Dementia, Chronic Illness or an Aging Brain (How to Die Smiling Book 1) Dancing with Elephants: Mindfulness Training For Those Living With Dementia, Chr (How to Die Smiling Series) (Volume 1) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Lubkin's Chronic Illness: Impact and Intervention (Lubkin, Chronic Illness) Chronic Illness: Impact And Intervention (Lubkin, Chronic Illness) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Brain Games for Dogs: Training, Tricks and Activities for your DogÃ¢â ¬â„¢s Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Chronic Fatigue Syndrome and the Yeast Connection: A Get-Well Guide for People With This Often Misunderstood Illness--And Those Who Care for Them You're Sick, They're Not--Relationship Help for People with Chronic Illness and Those Who Love Them (Sick & Tired Series) The Merck Manual of Health & Aging: The comprehensive guide to the changes and challenges of aging-for older adults and those who care for and about them Swing Dancing: Put on Your Dancing Shoes and Get With Hip-Swinging, Toe-Tapping Swing Dancing Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and

Contact Us

DMCA

Privacy

FAQ & Help