



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

Susan Bauer-Wu PhD RN FAAN

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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.



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