

Chapter 1 : Books similar to Until I Say Goodbye: A Book about Living

It feels wrong to give this book the same number of stars as Insurgent -- Insurgent was more like , and Until I Say Goodbye was more like for me. I liked it, and I greatly admire the author's strength and wisdom.

Susan Spencer-Wendel was diagnosed with ALS which is an incurable disease and she chose to live her last year with joy. The body fails but the mind remains strong as muscles slowly atrophy. There is no cure because no one has figured out how to bring dead muscles back to life. She was forty-four years old with a devoted husband and three young children. She had one year of health remaining. This book chronicles her joyous adventure until her passing. Indeed it was joyous as she had many opportunities to be sad and go crazy. As a writer, it was daunting when her left hand withered away and for a year she was in denial. With her one good thumb she typed the book on her iPhone using the Notes feature; that was the only thing she could do. She had strong friendships and relationships in her life that nurtured her through the disease. Her goal was to create memories with the memorable people in her life. Those people were her husband, children, sister, parents and best friend. Many of the experiences were trips with each trip holding significance for her and the person. She also talked about some of the day to day realities of losing all of your bodily functions - falling often, slurred words, and having your husband wipe you when do a stinking pickle. She has a beautiful way with words. Her life was not picture perfect and many of the experiences did not go as she envisioned. She wanted to return the family Bible to her new found family in Cyprus. It had no history. But she was alive and could laugh about it. She reinvented, accepted, and moved on. We all deal with difficult situations, things and people. If we look around, there is a beauty everywhere. If we look up, we know that God has allowed us to live and if we let Him, he will show us how to navigate the trials.

Chapter 2 : TO LIVE UNTIL WE SAY GOOD BYE - Elisabeth KÄ¼bler-Ross - Google Books

Susan Spencer-Wendel's Until I Say Good-Bye: My Year of Living with Joy is a moving and inspirational memoir by a woman who makes the most of her final days after discovering she has amyotrophic lateral sclerosis (ALS).

I work in the Finance department of a media company, and someone who dabbles in writing of any genre. Published July 13th A life of living, a life of joy, a life of love You are very successful. A happily married woman, a doting mother to adorable children. Financially secure, university educated, and have an abode that is enviable. One sunny morning, you woke up feeling unwell, something is wrong, but you ignore it anyway and go about the rest of your day. Fast forward a few months, you could not ignore the feeling of sickness any longer. A visit to the doctor has become paramount. You had been diagnosed with a debilitating disease and only have one year to live. Instantly your world has fallen apart. So what is the next step? What are you going to do? Sink into depression, become recluse and wait for your time to die. Or accept the reality of life, move on and make the rest of your remaining life count. The author of this book. A mother to three children, a wife to a wonderful husband, a graduate at the University of North Carolina, who holds a masters degree in journalism from the University of Florida. She was an award winning Journalist at the Palm Beach Post for almost twenty years and received a lifetime achievement award for court reporting at Florida Bar. She is loved and respected by her family and friends. An irreversible condition that destroys the nerves that power the muscles. She has only 12 months of her healthy life remaining. Susan Spencer - Wendel www. Affected individuals may eventually lose the ability to initiate and lose control of all body movements. The bladder and bowel muscles and also the muscles responsible for eye movement are usually, but not always, spared until the terminal stages of the disease. A remarkable woman, who instead of wallowing in self pity, embarked on a journey of joy with the support of her loving husband, with whom she shared some undignified moments. It is a journey of life shared with everyone she loved the most; her family, friends and a beloved pet named Gracie. Susan and her husband John www. Instead, it is an acceptance of an adversity, with the remaining time of her life spent showing others that life is precious, family comes first and love is eternal. It reminded me of a friend who I dearly love, who endured years of suffering. She was involved in an accident that caused head injuries, suffered the loss of a beloved son and sadly separated from her partner. She selfishly tried to take her own life but after bouts of professional help and upon acceptance of oneself, she is now on the amends and moving forward. One day at a time, one step at a time. Life is for living, live it.. I encourage you to read this book. An inspirational book that will entice oneself to look beyond life and more.

Chapter 3 : Until I Say Good-bye (Audiobook) by Susan Spencer-Wendel | www.nxgvision.com

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What do you find most admirable about Susan when she learns of her illness? What enables her to approach her illness and coming death with such courage? Where does that kind of strength come from? How might you respond to receiving such a diagnosis? What would be hardest for you? Would you forgo treatments to extend your life as she did? Would you ever choose assisted suicide If you had a year to live, how would you choose to live it? What would you do Do you feel inspired by this book Although Susan, her husband, and many reviewers insist that this book is not sad, there are certainly sad moments. What were some of the saddest occasions in the book for you. The memoir also contains humorâ€”talk about the parts you found funny. Overall, how do you characterize this bookâ€”funny, sad, uplifting, depressing? Desire is the root of all suffering, I believe. The cure is to not want it. I practice not wanting a cure, preparing to die. Choosing the path of least resistance. Going gracefully into the night. Talk about that statement. Is desire "the root of all suffering"? A number of religious practices adhere to thata philosophy. What does that mean not to desire? Or would not-desiring lead to a better life? Please feel free to use them, online or off, with attribution.

Chapter 4 : Until I Say Goodbye: A Book about Living by Susan Spencer-Wendel

Best books like Until I Say Goodbye: A Book about Living: #1 The Still Point of the Turning World #2 Sum It Up: 1, Victories, a Couple of Irrelevant.

Chapter 5 : NPR Choice page

Until I Say Good-bye: My Year of Living with Joy Susan Spencer-Wendel, HarperCollins pp. ISBN Summary In June , Susan Spencer-Wendel learned she had amyotrophic lateral sclerosis (ALS)â€”Lou Gehrig's diseaseâ€”an irreversible condition that systematically destroys the nerves that power the muscles.

Chapter 6 : Until I Say Good-Bye: A Book About Living - Mojitos and Munchkins | A Mom Blog

Until I Say Good-Bye: A Book About Living is a book full of writing genius and emotion. Written by a wordsmith and a superbly strong woman by the name of Susan Spencer-Wendel, this is an easy read that will leave you empowered to do more with the time you have been given on earth.

Chapter 7 : Until I Say Goodbye: A Book about Living (download PDF, MB) | www.nxgvision.com

Our Reading Guide for Until I Say Good-bye by Susan Spencer-Wendel includes Book Club Discussion Questions, Book Reviews, Plot Summary-Synopsis and Author Bio.

Chapter 8 : Los Angeles Times - We are currently unavailable in your region

I just read this book and I have to say that I enjoyed reading this book. Susan Spencer-Wendel the author of this book tells her story of a fatal disease and how she's copes with this day after day. She's a mother, wife, daughter, and sister.

Chapter 9 : Until I Say Good-Bye (Audiobook) by Susan Spencer-Wendel, Bret Witter | www.nxgvision.com

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