



Dancing with Elephants: Mindfulness Training for Those Living with Dementia, Chronic Illness or an Aging Brain (Paperback)

By Jarem Sawatsky

Red Canoe Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Praise for Dancing with Elephants: If you need some encouragement in living with joy, read this book. It will change your perspective on everything. --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. --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. --Jean Vanier, national bestselling author of Becoming Human Want 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 Huntington s Disease he found there was nothing for those living with incurable illness. He quit his job as a professor...



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