



When Breath Becomes Air

By Paul Kalanithi

Reviewed by Perry Aycock

In just a few words “This memoir is proof that the dying are the ones who have the most to teach us about life.” Says Dr. Atul Gawande (author of Being Mortal). Often the stories about the greatest lessons in life are told by those at the end of a long life; *Tuesdays with Morrie* was one of recent ones that gained wide reading. This book by Dr. Paul Kalanithi squeezes strong life lessons on love, family, death, time and values into only 30 odd years. His talent and education leaned towards writing before feeling called to be a neurosurgeon and neuroscientist...and his book helps everyone understand the doctor and patient in the poignant shift from one to another and back again.

It was a fascinating and moving read that touched on all aspects of life. It is an enthralling description of the commitment and empathy he brought to his work. He tells the story of one of the compelling aspects of the work that often dealt with life and death situations. He felt one of his gifts was empathy and the ability to understand how to communicate with people in some of life’s most difficult situations.

Working with senior housing and services puts team members in similar roles frequently... customers want the Lifecare agreement... want to join the at Home program... and at times they did not know there was an issue until they were turned down... it is the hardest part of the work and is a struggle and a challenge.

The books is a great read and provides wonderful life lessons of how time expands and contracts as our awareness of its fleeting nature is emphasized and diminishes.



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