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with TERESA H. BARKER

sky above clouds

FINDING OUR
WAY THROUGH
CREATIVITY, AGING,
AND ILLNESS

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Wendy L. Miller and

Sky Above Clouds: Finding Our Way through Creativity, Aging, and Illness



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Through their scientific research and clinical practice, couple team Gene D. In this publication, the reader finds the true story of not only Cohen's belief in potential, but also how he and his family members creatively utilized it in facing his personal serious health problems. Miller uncovered fresh clues about how exactly the aging brain can build resilience and continue development, even during situations of grave illness, therefore setting aside the original paradigm of ageing as a time of decline. Cohen, regarded one of the founding fathers of geriatric psychiatry, describes what goes on to the brain since it age range and the potential that is often overlooked. The effect is a richly informative and psychological journey of growth. Collectively, Cohen and Miller display that with the proper tools, the uncharted territory of aging and illness can, in fact, be navigated. Cohen and Wendy L. With Miller's insights and expressive emotional writing, *Sky Above Clouds* tells the inside tale of how attitude, community, creativity, and love form a life, with or without wellness, even to our dying. And what happens when the therapist who assists others cope with illness and loss is pressured to confront her own responses to these experiences? What goes on when the expert on aging starts to age? Cohen and Miller attract deeply by themselves lessons learned as they struggle through maturing, illness, and loss of their own family and eventually Cohen's own untimely loss of life. Miller, an expressive arts therapist and educator, highlights stories of creative growth in the midst of illness and loss encountered through her scientific practice.



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Impressive journey through illness and death This is a gorgeous book. It is breathtaking because it so honestly reflects the encounters of Gene Cohen and Wendy Miller, couple, extremely educated and acclaimed in their fields of knowledge because they move through the procedure of Gene's illness and eventual death. It is a book that is both deeply personal and filled up with understanding, insight and imagination regarding dealing with life threatening disease, grief, ongoing family and professional life and the process of aging. Having proved helpful in this field for over 35 years, I am delighted to read a new book that is intellectually stimulating, personally gripping and increases my understanding of these crucial encounters in each of our lives. While still working through the book, I feel compelled to comment on the powerful nature of this work. While I know it had taken Wendy (his widow) years before she could come back to working on this publication after her husband's loss of life, most of us should thank her for bringing this important work to our attention. A mind altering experience! I truly loved reading this book and I felt for the author and for her family members and I learned so much about myself and about ageing and wellness that I must say i believe everyone should read this reserve. As you look out of both protagonist's eye, his journey in addressing his terminal illness, and building on all the work he and his widow have done previously, created a visceral response which has caused me to appear deeper into my mortality, and my watch of life. Although I haven't read everything, the parts of the book which I have read appear to have a lot of information regarding the writing of the book. A true pleasure, abundant with story and connection.I will be finishing the reserve, and then reading it once again, to more fully integrate and experience the emotions which have flooded more than me as I go through this incredible collection of experiences, writings, and perspectives.! It is tale told by talented writers who have much to talk about and do so generously. As a physician, once imbedded in medical care system, it really is a mind blowing, mind expanding eyesight of what is really important, and vital to all of us as we travel through life. An Inner Fight of the Human Spirit Sky Above Clouds can be an apt metaphor both for Dr. It really is humanizing and genuine and as we baby boomers are ageing, this reserve is a necessity. It creates one smile, laugh, cry and feel every possible emotion that one experiences. While a "lover" of Gene Cohen from his earlier books, especially The Mature Brain, this dense and complicated work is incredibly moving, as best I can describe it. A TALE for Our Time Sky Above Clouds is a beautifully written, heartfelt reserve that illuminates aging and illness with sensitivity and treatment. It was interesting to see how the family members and friends reacted in this tough and unexpectedly long period of time beyond the first acknowledgement of Gene's medical diagnosis of his fatal disease. Sky Above Clouds gives the reader an incredible peek into what assists, heals, and promotes well-being in the most challenging of situations.As an aging baby boomer, it is both a problem and an opportunity to increase my consciousness and considering life and our journey. It is impossible never to shed a few tears but also commemorate the human spirit while scanning this extraordinary publication. I appreciated experiencing Gene Cohen's way of searching at the globe and helping people psychologically and medically understand what may be taking place to them because they age, in addition to Wendy Miller's method of using art to greatly help people as they feel the wonders and issues that life may bring. Cohen's existence became a living laboratory for a new paradigm of creative ageing. Wendy Miller and Gene Cohen's trip is a story for our time. Stylistically I loved having Gene's thoughts in italics, so they stood out as though he were still talking to the reader. I desire I could have observed Wendy's art in more detail. As we convert through the web pages, we behold something truly special which puts human being flesh onto archetypal bones. THIS IS A MUST READ BOOK - the very best for our time This book is crucial for everyone to read. Gene Cohen's pioneering analysis on aging,

and the inner struggle he fought in his brave fourteen-year fight against the cancers that ultimately took his existence. Wendy Miller and Gene Cohen present us how to live fully and creatively through the procedure of aging and disease and Dr. I valued considering how the two various ways of thinking, feeling and operating, actually blended, contrasted, and became a lot more than they would have been if Gene and Wendy had not had the opportunity to be with each other. Many poignantly, we are witness to the band of love made around Dr. Cohen by his family that gave indicating to his on-going adversity and that gave him the strength to continue adding to the field of aging and the lives of others right up to the finish. Learning with and from Loss I go through, enjoyed, and learned out of this book about illness, death, life and loss through this example of the ability and necessity most of us need to move beyond the loss of life of someone we like. Gene Cohen has created from a perspective of clinical humanity.. Two decades highlighting human spirit and creativity amidst illness and spectre of death. This is NOT an easy read, and as anyone who has read thousands of books, it'll be seen as challenging to some.. What a amazing and unique publication: a poignant description of the interface of illness, creativity, hope and joy, compiled by a man who has been dead for years and a very much alive and effervescent girl. The authors offer valuable insights for anybody who deals with the pains of the present and the expectations for the future. This book promises to be a best seller for a long time to come! Sky Above Clouds gives the reader an incredible peek into what helps A must browse for anyone who appreciates the humane, the suffering of the human being condition, and the elixir which heals. Whether you are dealing with an illness or loss of life, or know you likely will someday (and that includes many of us), this reserve shines a bright light on the creative forces within us that may convenience the passage and bring a semblance of signifying to our grief. Although I haven't read everything, the parts . His wife, Wendy, dips her pen in the ink of humanity through artwork. Reading this reminds most of us that there can be a "sky above the clouds". But trust me, if you take the time, place yourself in a reflective mood, and allow your brain and heart to start to a deep and shifting experience, this is well well worth your time. Dr. Cara Barker, Jungian Analyst



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