
10th ANNIVERSARY EDITION
WITH A NEW INTRODUCTION AND ADDITIONAL STORIES

The
Four
Things
That
Matter
Most



A Book About Living

Ira Byock, M.D.

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**The Four Things That Matter Most - 10th Anniversary
Edition: A Book About Living**



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"This beautiful book, filled with wisdom and warmth, teaches us how to protect and preserve our most effective possessions—Make sure you forgive me," It demonstrates things that matter certainly aren't ' Covey, author of The 7 Habits of Highly Effective PeopleFour simple phrases—" —"Dr. Stephen R.factors,' and how to empower your life in the right direction.the romantic relationships with those we love. " and " "Thank you,""I absolve you," With useful wisdom and spiritual power, The Four Stuff That Matter Most gives us the language and guidance to honor and encounter what really matters most inside our lives each day.—carry enormous power to mend and nurture our relationships and inner lives. These four phrases and the sentiments they convey provide a path to emotional wellbeing, guiding us through interpersonal issues alive with integrity and grace. Byock demonstrates the value of " Dr. Ira Byock, a global leader in palliative treatment, explains how we can practice these life-affirming words in our day-to-day lives. All too often we believe that the people we like really understand that we love them. Dr. Newly updated with tales from people who have considered this life-altering book within their time of need, this motivational teaching about what really matters reminds us how exactly we can honor each romantic relationship every day.stating the apparent" and practical insights in to the great things about letting go of outdated grudges and toxic emotions. His tales help us to forgive, appreciate, love, and celebrate each other and exist more completely. Using the Four Stuff in an array of life situations, we can experience emotional healing actually in the wake of family strife, personal tragedy, divorce, or in the face of death.I love you"



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A Forever Book This is an excellent, thoughtful, and profound book. However, with it comes a feeling of hope that all isn't lost. It boils points down properly. Ira Byock also will free you tube video clips that essentially say a similar thing. I would suggest this to everyone as a book to read and re-read. Four simple phrases that pave the road to healing. I love you. After reading this book once I understood that it was a keeper and one which I wanted to own, underline and create in the margins. Dr. I believe this is certainly what some of us would call joy. I am using tis reserve in a course that I tech with adult learners and they have unanimously endorsed this a a publication they appreciated reading and are beginning to use in dealing with their families to repair and rebuilt damaged romantic relationships. For anyone who believes that dysfunctional family is a redundant expression this book can be an essential read before aiming on the path to peace and wholeness. Eleven Life Changing Words Please forgive me. We forgive you. When I retired I had a guideline that easily took a book out of the public library 3 times i quickly would consider buying it.. Magnificent book . I didn't understand it myself until reading "THINGS THAT Matter Most: A Reserve About Living." The writer is definitely Dr. Ira Byock, your physician who targets end-of-life care for his individuals and their families. must read for everyone. The message though, isn't to withhold these terms until the end, but to consciously integrate them into our day to day lives. This publication helped me understand all my emotions about my pal, and to look for a peaceful spot to settle in with what our romantic relationship was and wasn't, and to be alright with everything. The author isn't only a gifted writer, but he includes a professional lifetime of experience with people and families, when loss of life is imminent. That there surely is still time to forget about older hurts and say things that matter most - not only for the benefit of those we love, but for ourselves. good for anyone to read though specifically for those . Learning the importance of things that matter the most - forgiveness, gratitude, and like - provides helped me live while watching someone I love deeply obtain weaker and weaker. I have made sure that we shared the four most important things before it's as well late. It has also made me look within my current human relationships with the living a different method. This is an incredible book. Bought extras for gifts Life changing It reduced me to tears and helped switch my life..Thank you. This is an amazing book. I bought it for my father who is in Hospice, but he is old school, and had no curiosity in it. This is the most helpful publication I read. As a nurse, I appreciated the authentic spirit of his writing, his compassion and like of his fellow man - patient and family alike. Writing that letter using this reserve helped me with closure, but also, I was amazed at how it helped me to procedure a lot of emotions I had buried. A must read, before your Life's Journey is over. Over the years, I've sent a fresh copy of this book to several of my children Members & Close

friends on their Birthdays. This is a great book & As he recounts their personal stories, you'll shake your head with wonder as damaged relationships are transformed and healing takes place when none seemed possible. Helps put existence in perspective before, the Trip is over. For the visitors who are actively on a way to spirituality and are touched by Dr Byock's writing, I would strongly recommend the recent publication "Dying to be me - my journey from cancer to near death to true healing" by Anita Moorjani. Dr Byock's composing displays a humility that I admire. Scanning this book constitutes for me a significant step on my trip. By practicing the Four Items, by earnestly and honestly asking for forgiveness, by really forgiving without seeking incentive, by expressing gratefulness and loving as unconditionally as my human limitations let me, I hope 'to end up being the change I want to see in the world'. At this time of my entire life (lack of my mother, rapidly ageing father, mother-in-law diagnosed with terminal illness, lately blessed with two grand-children), this publication fills me with hope, joy, acceptance and love of lifestyle. This imminently spiritual publication is assisting me in allowing obstacles such as for example resentment, anger, dread, shame, guilt, remorse, and almost all their relatives too numerous to list here fall away, departing within their stead a huge openness for profound gratefulness and serenity. Byock spent some time working in a hospice care service and drew on his encounter with both sufferers and their families in his writing of this very readable and useful book. Many thanks Dr Byock. I examine this reserve many years ago, and desired a hard-copy for my own Library So grateful I came accross this book I would like to thank Ira Byock for composing this book and posting with us his experience, his humanity. Very helpful! An extremely nice book that is ideal for virtually anyone, even though it is coping primarily with people who are facing loss of life - their own, or that of a loved one. He beautifully describes true dilemmas and struggles in those who look for peace, forgiveness, and resolution of anger, and he manuals them with techniques to do this. It had been very helpful to me when I was helping my mom while lung cancer took over her body. Recently I found that an estranged friend provides end stage cancer. I needed to write a letter, but kept stalling out. My sister acquired just returned this publication after borrowing it, so when I browsed Chapter One again, it motivated me with the format for my letter. I would recommend both formats. Good warning - you will most probably cry while scanning this book and, if you're like me, it will utilize regrets long since saved.. Come to the webpages open and vulnerable, otherwise it might be lost on you. Excellent book Excellent book. It was very helpful if you ask me when . Reserve about living and dying This book is among the best & most powerful I read in quite a while, and it has helped me deal with living and dying. Read it A must browse for everybody of all ages..What is the connection between these simple statements and profound occasions of grace?... good for one to

read though in particular for those who are ill, having problems in their lives or just want a refreshing book on lifestyle and what matters Five Stars Definitely a must-read! Thanks a lot! Everyone should have it! This book is helping me understand things I never thought I'd need to know.



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