

the last lecture randy pausch

The Last Lecture Randy Pausch: A Timeless Message of Life and Legacy

the last lecture randy pausch is more than just a speech; it's a heartfelt message that has inspired millions around the world. Delivered by Randy Pausch, a computer science professor at Carnegie Mellon University, this lecture became a cultural phenomenon due to its profound insights into life, dreams, and overcoming adversity. What started as a simple university talk evolved into a powerful reminder to cherish the present and pursue what truly matters.

Who Was Randy Pausch and What Made His Last Lecture So Impactful?

Randy Pausch was a respected educator and researcher known for his work in virtual reality and human-computer interaction. However, his reputation transcended academia when he was diagnosed with terminal pancreatic cancer. Faced with limited time, Pausch delivered "The Last Lecture: Really Achieving Your Childhood Dreams" in September 2007, sharing lessons from his life and advice on how to live meaningfully.

What makes the last lecture randy pausch incredibly moving is the combination of his optimistic mindset and candid vulnerability. Instead of focusing on his illness, Pausch chose to emphasize hope, perseverance, and the importance of enabling the dreams of others. This approach resonated deeply with audiences, highlighting the power of attitude even in the toughest circumstances.

The Core Themes of The Last Lecture Randy Pausch

At its heart, the last lecture randy pausch is about living life without regrets and embracing dreams with passion. Several key themes emerge throughout the talk that can serve as valuable lessons for anyone seeking inspiration.

Achieving Childhood Dreams

One of the most memorable aspects of Pausch's lecture is his emphasis on childhood dreams. He believed that dreams are not just fantasies but goals that shape our identity and drive our actions. In his lecture, he candidly shared how he achieved many of his own childhood ambitions, such as experiencing zero gravity, authoring an article in the World Book Encyclopedia, and becoming a Disney Imagineer.

This focus encourages us to reflect on our own dreams, reminding us that it's never too late to pursue what we once longed for. Pausch's story motivates people to reconnect with their youthful aspirations and take concrete steps

toward realizing them.

Overcoming Obstacles and Enabling Others

Pausch didn't shy away from discussing setbacks. Whether it was career challenges or personal hurdles, he framed obstacles as opportunities for growth. He believed that "brick walls" exist to test how badly we want something, and that persistence is key to breaking through barriers.

Moreover, Pausch stressed the importance of enabling the dreams of others. He highlighted that success isn't just personal achievement but also helping friends, students, and colleagues reach their potential. This altruistic outlook adds a layer of depth to the lecture, emphasizing community and mentorship.

Living With Integrity and Gratitude

Throughout the lecture, Randy Pausch's authenticity shines through. He talks openly about the value of honesty, humility, and gratitude. Despite his terminal diagnosis, he expresses appreciation for the time he had and the people in his life. This attitude serves as a reminder that integrity and thankfulness can dramatically shape our experiences and relationships.

How The Last Lecture Randy Pausch Became a Global Phenomenon

Initially intended for a university audience, the last lecture Randy Pausch quickly went viral after a video of his talk was posted online. Millions watched as Pausch delivered his message with humor, warmth, and sincerity. The lecture's popularity led to a bestselling book, co-authored by Pausch and Jeffrey Zaslow, which expanded on the ideas presented in the speech.

The book and lecture transcended academic circles, reaching readers and viewers worldwide. It has been translated into multiple languages and used in motivational seminars, leadership training, and even corporate environments. The universal themes of hope, resilience, and dreams resonate across different cultures and backgrounds.

The Role of Technology and Social Media

Part of the lecture's widespread impact can be attributed to the timing—social media platforms were becoming powerful tools for sharing inspirational content. Videos of Pausch's lecture were shared on YouTube, blogs, and social networks, sparking discussions and personal reflections.

This digital spread helped the message reach people who might never have encountered Randy Pausch otherwise, turning his last lecture into a modern-day classic on how to live fully.

Lessons from The Last Lecture Randy Pausch for Everyday Life

The insights from Randy Pausch's last lecture can be applied in practical ways to enrich our daily lives. Here are some key takeaways:

1. Prioritize What Truly Matters

Pausch reminds us to focus on meaningful goals—whether that's nurturing relationships, pursuing passions, or making a difference in others' lives. Don't get lost in trivial distractions; instead, ask yourself what legacy you want to leave behind.

2. Embrace Failure as Part of Growth

Failure isn't the end; it's part of the journey. Pausch's approach to "brick walls" encourages embracing challenges with persistence and creativity, turning setbacks into stepping stones.

3. Be Honest and Authentic

Living authentically builds trust and deepens connections. Pausch's candidness about his health and feelings made his message relatable and powerful. Strive to be transparent in your interactions and true to yourself.

4. Help Others Achieve Their Dreams

One of the most inspiring aspects of the last lecture Randy Pausch is the encouragement to support others. Whether mentoring, coaching, or simply listening, enabling someone else's success creates a ripple effect of positive change.

Exploring the Book: The Last Lecture by Randy Pausch

Following the viral success of his speech, Randy Pausch co-wrote a book titled *The Last Lecture*, which delves deeper into his philosophies, experiences, and personal anecdotes. The book offers more context behind the lecture and shares practical advice on time management, relationships, and goal-setting.

Readers often find the book to be a comforting companion during difficult times because it balances humor with profound wisdom. It also includes stories about Pausch's family, his approach to teaching, and how he accepted his diagnosis with grace.

Why You Should Read The Last Lecture Randy Pausch

If you're looking for motivation to pursue your dreams or inspiration to face life's challenges, this book is a worthwhile read. It's accessible, heartfelt, and filled with actionable insights that apply to both professional and personal growth.

Furthermore, it serves as a testament to the human spirit's resilience and the impact one person can have by sharing their story honestly.

Continuing Randy Pausch's Legacy

Even years after his passing in 2008, Randy Pausch's last lecture remains a beacon of hope and motivation. His legacy continues through the countless individuals who have been touched by his message and strive to live with the same passion and purpose.

Educational institutions, corporations, and individuals still reference his lecture as a guide for leadership, mentorship, and personal development. Online communities dedicated to discussing his work keep the conversation alive, ensuring that Pausch's words inspire future generations.

The last lecture Randy Pausch is a reminder that life is precious, and every moment counts. Randy's courage and wisdom encourage us to dream big, persevere through difficulties, and uplift those around us. His story is not just about facing death but about celebrating life—and that is a message that will never grow old.

Frequently Asked Questions

Who is Randy Pausch and what is 'The Last Lecture'?

'The Last Lecture' is a famous lecture given by Randy Pausch, a computer science professor diagnosed with terminal pancreatic cancer, where he shared life lessons and reflections on achieving childhood dreams.

What is the main theme of Randy Pausch's 'The Last Lecture'?

The main theme of 'The Last Lecture' is about overcoming obstacles, enabling the dreams of others, and living a fulfilling life despite challenges.

Why did Randy Pausch deliver 'The Last Lecture'?

Randy Pausch delivered 'The Last Lecture' as a way to impart wisdom and life lessons to his children and others, knowing he had limited time left due to terminal cancer.

What are some key life lessons from 'The Last Lecture'?

Key lessons include pursuing your dreams, enabling the dreams of others, the importance of perseverance, and the value of people over things.

How has 'The Last Lecture' impacted readers and audiences?

'The Last Lecture' has inspired millions worldwide to reflect on their own lives, prioritize what matters most, and approach challenges with optimism and determination.

Is 'The Last Lecture' available as a book?

Yes, Randy Pausch and Jeffrey Zaslow co-authored a book titled 'The Last Lecture,' which expands on the lecture and shares more stories and insights.

What childhood dreams did Randy Pausch discuss in 'The Last Lecture'?

Randy Pausch shared dreams such as experiencing zero gravity, authoring an article in the World Book Encyclopedia, and becoming an NFL player, illustrating how he worked towards them.

How did Randy Pausch's background influence 'The Last Lecture'?

As a computer science professor and researcher, Pausch's analytical mindset combined with personal experiences helped him deliver a compelling and heartfelt message.

What is the significance of the phrase 'The Last Lecture'?

The phrase refers to a tradition where professors give a hypothetical final talk about what matters most in their field and life; for Pausch, it was literal due to his terminal illness.

Where can I watch Randy Pausch's 'The Last Lecture'?

Randy Pausch's 'The Last Lecture' is available on platforms like YouTube and university websites, where the full video of his inspiring talk can be viewed.

Additional Resources

The Last Lecture Randy Pausch: A Profound Reflection on Life, Legacy, and Learning

the last lecture randy pausch represents one of the most poignant and inspiring moments in contemporary motivational storytelling. Delivered by

Carnegie Mellon University professor Randy Pausch in September 2007, this lecture gained global recognition for its candid exploration of life's finite nature and the pursuit of one's dreams. Pausch's Last Lecture, officially titled "Really Achieving Your Childhood Dreams," was part of a series where professors shared life lessons. However, what made his lecture uniquely compelling was its context—Pausch was battling terminal pancreatic cancer—and the powerful messages he conveyed about optimism, perseverance, and legacy.

In-depth Analysis of The Last Lecture Randy Pausch

Randy Pausch's lecture transcended typical academic discourse, blending personal narrative with universal wisdom. This synthesis helped the lecture resonate well beyond academic circles, inspiring millions worldwide. What stands out in this lecture is the juxtaposition of Pausch's terminal diagnosis with his unwavering enthusiasm for life and learning. This contrast created a powerful emotional impact that continues to engage readers and viewers.

The Last Lecture Randy Pausch was initially a 54-minute speech, later adapted into a bestselling book co-authored with Jeffrey Zaslow. The book expands on the lecture's themes, offering deeper insights into Pausch's philosophy and practical advice for overcoming obstacles. This multimedia approach—speech and book—enhanced its reach, making it a seminal work in motivational and educational literature.

The Context and Motivation Behind the Lecture

Understanding the context of Pausch's lecture is crucial. Diagnosed with inoperable pancreatic cancer, Pausch was acutely aware of his limited time. Yet, he chose to focus not on regret but on gratitude and accomplishment. The lecture was his way of leaving a legacy for his children and encouraging others to live life fully despite adversity.

His motivation was not to elicit pity but to offer a blueprint for living meaningfully. This perspective sets Pausch's Last Lecture apart from many end-of-life narratives, which often dwell on loss and sorrow. Instead, Pausch highlights joy, dreams, and the power of enabling others.

Core Themes Explored in The Last Lecture Randy Pausch

Several enduring themes emerge throughout the lecture and book:

- **Achieving Childhood Dreams:** Pausch revisits his early aspirations, such as experiencing zero gravity and playing in the NFL, discussing how determination and creativity can make dreams attainable.
- **Enabling the Dreams of Others:** Beyond personal goals, Pausch emphasizes the importance of helping others realize their dreams, reflecting his values as an educator and mentor.

- **Overcoming Obstacles:** The lecture candidly addresses the inevitability of challenges and failure, framing them as essential components of growth and learning.
- **The Role of Integrity and Hard Work:** Pausch underscores ethical behavior and diligent effort as foundational to success.
- **Time Management and Prioritization:** With finite time, Pausch advises focusing on what truly matters, a lesson sharpened by his terminal diagnosis.

These themes resonate with a broad audience, from students and educators to professionals and individuals facing personal trials.

Impact and Legacy of The Last Lecture Randy Pausch

The Last Lecture Randy Pausch has had a significant cultural and educational impact. The lecture video amassed millions of views online, and the book remained on bestseller lists for years. Its influence is evident in how it has been integrated into leadership training, motivational seminars, and even corporate culture discussions.

Comparative Insights: The Last Lecture Versus Other Motivational Talks

Unlike many motivational speeches that rely heavily on abstract inspiration or generalized advice, Pausch's lecture stands out for its grounding in personal narrative and scientific rigor. As a computer science professor, Pausch incorporated logical frameworks and practical examples, which enhanced credibility and relatability.

Furthermore, the authenticity of Pausch's situation—the awareness of impending death—added urgency and sincerity rarely found in similar talks. This authenticity differentiates The Last Lecture Randy Pausch from other well-known motivational figures and speaks directly to the human condition.

Strengths and Limitations of The Last Lecture Randy Pausch

- **Strengths:**
 - Authentic and heartfelt delivery
 - Practical life lessons grounded in real experience
 - Broad appeal across demographics

- Integration of humor and humility

- **Limitations:**

- Some critics note the idealistic nature of the advice may not be universally applicable
- The lecture's emotional impact may overshadow nuanced complexities of terminal illness
- Focus on individual achievement may underrepresent systemic challenges faced by some audiences

Despite these limitations, the overall reception has been overwhelmingly positive, contributing to its status as a classic.

Educational Applications and Continued Relevance

In academic settings, The Last Lecture Randy Pausch is frequently cited for its pedagogical value. Educators use it to illustrate the power of storytelling, effective communication, and resilience. Moreover, the lecture's emphasis on childhood dreams encourages creative thinking and goal-setting among students.

Its relevance persists in an era where mental health awareness and work-life balance are increasingly prioritized. Pausch's insights on time management and focusing on what truly matters offer timeless guidance amid today's fast-paced lifestyles.

Key Takeaways for Readers and Listeners

For those exploring The Last Lecture Randy Pausch, several practical takeaways emerge:

1. **Live with Purpose:** Clarify your dreams and pursue them with determination.
2. **Embrace Failure:** See obstacles as opportunities for growth, not defeat.
3. **Help Others:** Enabling others' success enriches your own life.
4. **Prioritize Time:** Invest your limited time in meaningful relationships and activities.
5. **Maintain Integrity:** Ethical behavior underpins long-term achievement.

These lessons, drawn from Pausch's lecture and book, serve as a guidepost for individuals seeking motivation grounded in authenticity and practical wisdom.

The Last Lecture Randy Pausch remains a remarkable testament to the human spirit's capacity to find joy and purpose even in the face of mortality. It continues to inspire individuals across the globe to reflect on their own lives and aspirations, making it an enduring contribution to motivational literature and public discourse.

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the last lecture randy pausch: *Summary of Randy Pausch's The Last Lecture* Milkyway Media, 2022-06-17 Buy now to get the main key ideas from Randy Pausch's The Last Lecture What would you say if you could give one last talk before dying? What would you want to share with the world? In *The Last Lecture* (2008), Randy Pausch goes over his life and the key moments that left a mark on him. His last lecture, given at Carnegie Mellon University, was attended by around 400 people and has touched millions of others online. In the book version, which was co-written with Jeffrey Zaslow, he reflects on his childhood, his wife, his kids, his career as a professor, and his cancer. He reveals how being terminally ill impacted his perception and his approach to people and life, and offers some lessons he learned along the way.

the last lecture randy pausch: *Summary of The Last Lecture by Randy Pausch & Jeffrey Zaslow* Abbey Beathan, 2019-06-10 *The Last Lecture* by Randy Pausch Book Summary Abbey Beathan (Disclaimer: This is NOT the original book.) If we were destined to perish tomorrow, what would we want as our legacy? How would your Last Lecture be? *The Last Lecture* is not about dying, it is about the dedication to overcome your obstacles and seizing every single moment of your life. You could summarize it as *carpe diem* but it's not so simple. The book is about the accumulation of the life of a brilliant man whom after facing terminal cancer, notices he is near his last lecture, the last mark he would leave. And it can be a lesson to all of us, to live like we were going to give our last lecture in order to make the most of it. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) We cannot change the cards we are dealt, just how we play the hand. - Randy Pausch Pausch's book is a combination of inspiration, intelligence and humor which is the reason why *The Last Lecture* was such a successful release. A book to encourage living our lives and continue moving forward despite how grim the situation might be. An inspirational tool to make you adopt an attitude of not giving up. A book to encourage us to leave a memorable legacy. P.S. *The Last Lecture* is an extraordinary book that will make you seize every moment as it is your last so you can enjoy life to the fullest. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A

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the last lecture randy pausch: The Last Lecture Randy Pausch, 2008-04-08 After being diagnosed with terminal cancer, a professor shares the lessons he's learned—about living in the present, building a legacy, and taking full advantage of the time you have—in this life-changing classic. We cannot change the cards we are dealt, just how we play the hand. —Randy Pausch A lot of professors give talks titled The Last Lecture. Professors are asked to consider their demise and to ruminate on what matters most to them. And while they speak, audiences can't help but mull over the same question: What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave—Really Achieving Your Childhood Dreams—wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because time is all you have . . . and you may find one day that you have less than you think). It was a summation of everything Randy had come to believe. It was about living. In this book, Randy Pausch has combined the humor, inspiration and intelligence that made his lecture such a phenomenon and given it an indelible form. It is a book that will be shared for generations to come.

the last lecture randy pausch: Last Lecture Perfection Learning Corporation, 2019

the last lecture randy pausch: Quicklet on Randy Pausch, Jeffrey Zaslow's The Last Lecture Christina St-Jean, 2012-02-24 ABOUT THE BOOK I'd stumbled upon Randy Pausch, a youngish professor from Carnegie Mellon University, quite by accident in 2011. I'd been looking for a good PowerPoint presentation about time management, and the one he gave was deemed to be really interesting, according to the Google searches I'd done. As I read the mini-bio attached to the file, it occurred to me that I'd heard the name before, so I did some further searching and realized he had written "The Last Lecture", which I'd heard so much about a few years ago. I immediately headed out and picked up a copy. As I read, I was stunned by the powerful simplicity of his writing. I had already watched "The Last Lecture" on YouTube, as millions had during the time in which the presentation had gone viral, but I was surprised at the profound effect the book had on me. This was a man who, by all accounts, had everything going for him: a great job that he loved, three very young children and a beautiful wife whom he adored. MEET THE AUTHOR Christina St-Jean an Ontario English teacher with a great passion for American literature in particular and the written

word in general. Her two daughters, aged 3 and 7, also seem to have a love of books, as her 7 year old just started reading Tom Sawyer herself. Christina follows global events as closely as she can but also enjoys entertainment news. Currently, she is working towards a black belt in karate. EXCERPT FROM THE BOOK If anything, The Last Lecture showed to the world just how pervasive media attention is today; after the lecture itself became a YouTube sensation, Pausch made appearances on The Oprah Winfrey Show and Prime Time Live with Diane Sawyer, in addition to appearing on Time's Top 100 list of the world's most influential people for 2008. He drew the attention of Katie Couric, The Wall Street Journal's Jeffrey Zaslow, director J.J. Abrams, and none other than Captain Kirk himself, William Shatner. He testified before Congress to encourage more funding to be directed to pancreatic cancer research and received a letter from the original President Bush. Buy a copy to keep reading!

the last lecture randy pausch: *The Last Lecture: The Legacy Edition* Randy Pausch, 2012-04-17 We cannot change the cards we are dealt, just how we play the hand. --Randy Pausch A lot of professors give talks titled The Last Lecture. Professors are asked to consider their demise and to ruminate on what matters most to them. And while they speak, audiences can't help but mull the same question: What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave--Really Achieving Your Childhood Dreams--wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because time is all you have...and you may find one day that you have less than you think). It was a summation of everything Randy had come to believe. It was about living. In this book, Randy Pausch has combined the humor, inspiration and intelligence that made his lecture such a phenomenon and given it an indelible form. It is a book that will be shared for generations to come.

the last lecture randy pausch: The Last Lecture Randy Pausch, Jeffrey Zaslow, 2010 The author, a computer science professor diagnosed with terminal cancer, explores his life, the lessons that he has learned, how he has worked to achieve his childhood dreams, and the effect of his diagnosis on him and his family.

the last lecture randy pausch: Summary of Randy Pausch & Jeffrey Zaslow's The Last Lecture Everest Media,, 2022-03-26T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 I had been diagnosed with pancreatic cancer, but I was optimistic. I knew I could cancel the lecture, but I wanted to do it. I was energized by the idea of delivering a last lecture that was really a last lecture. #2 I had come to see the lecture as the last moment of my career, a way to say goodbye to my work family. I had always liked the final scene in The Natural, when the aging, bleeding ballplayer Roy Hobbs miraculously hits that towering home run. #3 I knew I didn't want the lecture to focus on my cancer, as I'd already been over it and over it. I wanted to focus on living, and figure out what made me unique. #4 I had a sudden flash of insight in the waiting room of the hospital. I realized that my uniqueness came from the specific dreams that defined my 46 years of life. I had lived out these dreams because of things I had learned from extraordinary people.

the last lecture randy pausch: *The Last Lecture -- Indiana State University edition* Randy Pausch, 2009-05-01 We cannot change the cards we are dealt, just how we play the hand. --Randy Pausch A lot of professors give talks titled The Last Lecture. Professors are asked to consider their demise and to ruminate on what matters most to them. And while they speak, audiences can't help but mull the same question: What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave--Really Achieving Your Childhood Dreams--wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because time is all

you have...and you may find one day that you have less than you think). It was a summation of everything Randy had come to believe. It was about living. In this book, Randy Pausch has combined the humor, inspiration and intelligence that made his lecture such a phenomenon and given it an indelible form. It is a book that will be shared for generations to come.

the last lecture randy pausch: *The Gift* Judy Harrington, 2012-04-20 Answering a distress call of a friend with an injured horse, fifty-one-year-old Judy Harrington steps into a corral, and the course of her life changes. Confronted with a sudden ability to hear animals talking, and having intuitive healing abilities puts her on a path of self-discovery and a breathtaking view of Gods plan for her life. Judys story reads like a fantasy book, but the adventures are real. Visions, conversations with God and with angels are told with humor and wonder. This is the story of one woman seeking answers from the Creator and the tremendous gift he gave her.

the last lecture randy pausch: *The War on Learning* Elizabeth Losh, 2024-02-06 An examination of technology-based education initiatives—from MOOCs to virtual worlds—that argues against treating education as a product rather than a process. Behind the lectern stands the professor, deploying course management systems, online quizzes, wireless clickers, PowerPoint slides, podcasts, and plagiarism-detection software. In the seats are the students, armed with smartphones, laptops, tablets, music players, and social networking. Although these two forces seem poised to do battle with each other, they are really both taking part in a war on learning itself. In this book, Elizabeth Losh examines current efforts to “reform” higher education by applying technological solutions to problems in teaching and learning. She finds that many of these initiatives fail because they treat education as a product rather than a process. Highly touted schemes—video games for the classroom, for example, or the distribution of iPads—let students down because they promote consumption rather than intellectual development. Losh analyzes recent trends in postsecondary education and the rhetoric around them, often drawing on first-person accounts. In an effort to identify educational technologies that might actually work, she looks at strategies including MOOCs (massive open online courses), the gamification of subject matter, remix pedagogy, video lectures (from Randy Pausch to “the Baked Professor”), and educational virtual worlds. Finally, Losh outlines six basic principles of digital learning and describes several successful university-based initiatives. Her book will be essential reading for campus decision makers—and for anyone who cares about education and technology.

the last lecture randy pausch: *The One Year Book of Amazing Stories* Robert Petterson, 2018-10-09 ECPA 2020 Christian Book Award Finalist! You wouldn't believe it, but . . . James Earl Jones, the voice of Darth Vader, grew up mute. Michael Jordan was cut from his high school basketball team. Albert Einstein was bullied mercilessly in school. Beethoven's mom almost aborted him. Life takes the strangest sharp turns—and sometimes, U-turns. Robert Petterson—popular speaker, storyteller, and author—has been a student for his entire life of what God is teaching us through those real-life U-turns. In this book, he compiles 365 amazing stories that teach lessons you won't easily forget. Each entry is written in the rest-of-the-story style popularized by Paul Harvey. With *The One Year Book of Amazing Stories*, you'll marvel at how God has used the lives of these ordinary people to change the course of human history.

the last lecture randy pausch: *Dancing with Life* Jamuna Rangachari, 2015-08-01 Hope is the only real antidote to any ailment or challenge . . . A journey marked by courage, conviction and determination that brings to life the exceptional efforts of one individual to emerge victorious against a debilitating disease. At thirty-three, Jamuna Rangachari seemed to have it all: a job she loved, a wonderful family and perfect health. Then she was diagnosed with Multiple Sclerosis - an often disabling autoimmune disorder for which there is no known cure. In painful detail Rangachari describes the gradual loss of vision, chronic fatigue and the progression of a balance disorder. In this engaging memoir, Rangachari chronicles and celebrates the story of her decade-long battle with an illness that can only be managed with treatment and counselling. With honesty and grace, Rangachari describes what it is like to live with a complicated, progressive disease. Her story goes a long way towards increasing awareness about alternative healing therapies and support for those

living with MS.

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