



# Secrets of Ageing with Resilience.

Never Stand Still

Medicine

Professor Gordon Parker

## OPMHS Forum, October 26, 2022



THE UNIVERSITY OF  
NEW SOUTH WALES

## Observations

*“If you’re going through hell, keep going.”* – Winston Churchill.

*“Old age is not for sissies.”* – Bette Davis.

*“There is always a margin within which life can be lived with meaning....despite illness.”*  
– Norman Cousins.



From the author of *Tell Me I'm Here*

Anne Deveson



# Resilience

'Compellingly full of the power of hope in the face of life's vicissitudes – resilience as a celebration of life.'

TIM COSTELLO



**UNSW**  
THE UNIVERSITY OF NEW SOUTH WALES

*New York Times* Bestseller

# ANATOMY *of an* ILLNESS

AS PERCEIVED BY  
THE PATIENT



National  
Book  
Award  
Finalist

*Reflections on  
Healing and Regeneration*

NORMAN COUSINS



**UNSW**  
THE UNIVERSITY OF NEW SOUTH WALES

# PETREA KING

The inspiring story  
of the founder of  
QUEST FOR LIFE

*Up Until Now*

A MEMOIR



**UNSW**  
THE UNIVERSITY OF NEW SOUTH WALES

VIKTOR E. FRANKL

# Man's Search For Meaning



*The classic tribute to hope from the Holocaust*

12 MILLION COPIES SOLD



**UNSW**  
THE UNIVERSITY OF NEW SOUTH WALES

Quote by Yasmin Mogahed

“Resilience means you experience, you feel, you fail, you hurt. You fall. But you keep going.”

