

Secrets of Ageing with Resilience.

Never Stand Still

Medicine

Professor Gordon Parker

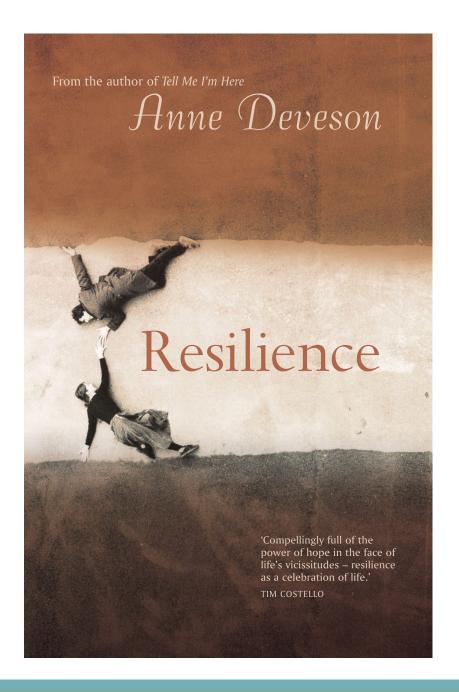
OPMHS Forum, October 26, 2022



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.







New York Times Bestseller

ANATOMY

of an

ILLNESS

AS PERCEIVED BY

THE PATIENT

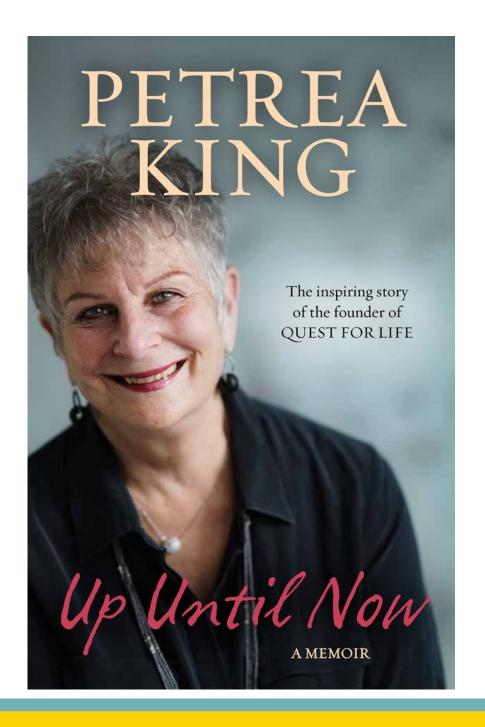


National Book Award Finalist

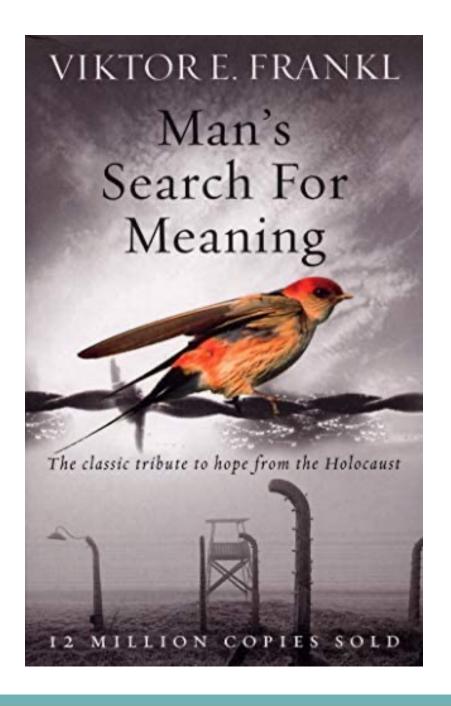
Reflections on Healing and Regeneration

NORMAN COUSINS











Quote by Yasmin Mogahed

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

