

The Short Good Life: An Essential Guide to Living Well

We all want to live a good life, but what does that mean? Is it about having a lot of money, a successful career, or a happy family? Or is it about something more? In his new book, *The Short Good Life*, author Dr. Jeremy Smith argues that the good life is not about achieving some distant goal, but about living well in the present moment.



A Short Good Life: Her Father Tells Liza's Story of Facing Death by Philip Lister

★★★★☆ 4.8 out of 5

Language : English
File size : 6953 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 285 pages



Smith draws on his own experiences as a hospice doctor to show how we can all learn to live well, even in the face of adversity. He offers practical advice on how to:

- Find meaning and purpose in your life
- Build strong relationships
- Appreciate the beauty of the world around you

- Live in the present moment
- Let go of regrets and forgive others
- Find peace and contentment

The Short Good Life is a wise and compassionate book that will help you live a more meaningful and fulfilling life. It is a must-read for anyone who wants to make the most of their time on earth.

Praise for The Short Good Life

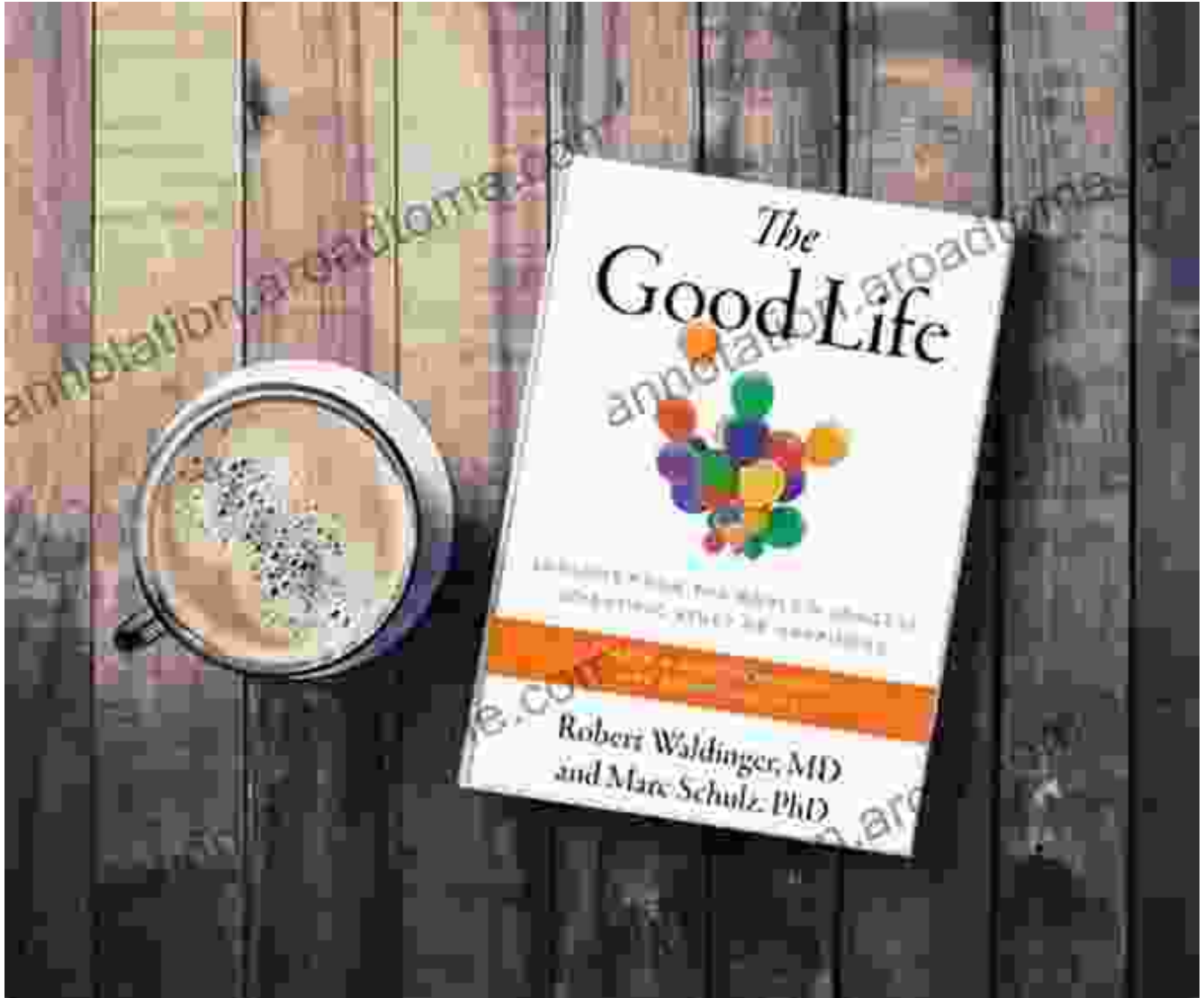
"The Short Good Life is a beautiful and inspiring book. Dr. Smith has a gift for writing about life's most important questions in a way that is both accessible and profound. This book is a must-read for anyone who wants to live a more meaningful and fulfilling life."—**Atul Gawande**, author of *Being Mortal*

"The Short Good Life is a wise and compassionate book that will help you live a more meaningful and fulfilling life. Dr. Smith's insights are invaluable, and his writing is both clear and engaging. I highly recommend this book to anyone who wants to make the most of their time on earth."—**Dr. BJ Miller**, palliative care physician and author of *A Beginner's Guide to the End*

"The Short Good Life is a must-read for anyone who wants to live a good life. Dr. Smith's insights are deep, practical, and inspiring. I highly recommend this book to anyone who is looking for ways to live a more meaningful and fulfilling life."—**Dr. Danya Abrams**, physician and author of *Unleashing Your SuperSelf*

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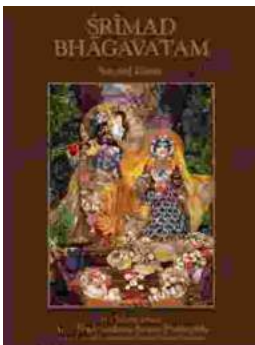
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