



And Never Stop Dancing: Thirty More True Things You Need to Know Now

M.D. Gordon Livingston M.D.

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In Dr. Gordon Livingston's follow-up to his national bestseller *Too Soon Old, Too Late Smart*, he offers thirty *more* true things we need to know now. Among the fresh truths he identifies and explores in this book, which has sold more than 50,000 copies in hardcover, are: *Paradox governs our lives. Forgiveness is a gift we give ourselves. Marriage ruins a lot of good relationships. We are defined by what we fear. We all live downstream. One of life's most difficult tasks is to see ourselves as others see us. As we grow old, the beauty steals inward. Most people die with their music still inside of them.*

Dr. Livingston's sterling qualities are in evidence again: a clear and deep understanding of the hidden hypocrisies, desires, evasions, and emotional tumult that course through our lives; an unerring sense of what is important; and his own ability to persevere—to hope—in a world he knows is capable of inflicting unjustifiable and lifelong suffering.



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