

How to Be Sick:

A Buddhist-Inspired Guide for the Chronically Ill and their Caregivers

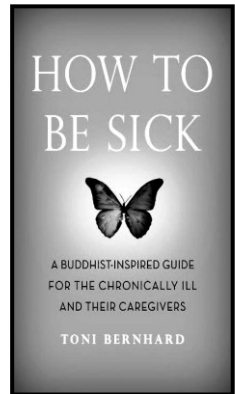
by Toni Bernhard



Tuesday, November 16, 2010

7:30 – 9:00 pm

Edwards Hall of St Timothy's Church
2094 Grant Road, Mountain View, 94040



BOOK DESCRIPTION: Drawing from the wisdom of the Buddha and from the author's personal experience, *How To Be Sick* offers easy-to-learn tools and practices for living skillfully, maintaining equanimity, and finding joy in the midst of chronic illness or any life-disrupting circumstance. The book is intended for sufferers and for their caregivers (the latter includes people involved in hospice, chaplaincy, and elder care); for those interested in chronic illnesses and conditions (health professionals, family and friends); and for people interested in Buddhism (illness can function as a metaphor for suffering which, along with the cessation of suffering, is at the heart of the Buddha's teaching). A recurring theme in the book is that, although one's body may be sick, one's mind can be at peace. Website: www.howtobesick.com

TONI BERNHARD fell ill on a trip to Paris in 2001 with what doctors initially diagnosed as an acute viral infection. She has not recovered. In 1982, she'd received a J.D. from the School of Law at the University of California, Davis, and immediately joined the faculty where she stayed until chronic illness forced her to retire. During her 22 years on the faculty, she served for six years as Dean of Students. In 1992, she began to study and practice Buddhism. Before becoming ill, she attended many meditation retreats and led a meditation group in Davis with her husband.

Chairs are provided and the floor is carpeted.
Bring your own sitting cushion if you prefer to meditate sitting on the floor.

Books will be available for purchase and book signing will follow the talk.

For more information, contact:
sit@imsb.org, (408) 288-6322

DANA: Donations are gratefully accepted to support the teachers and organizational expenses.

Presented by Insight Meditation South Bay

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