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The Top Five Regrets of  
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Ware REGRET-FREE

LIVING | Bronnie Ware

| TEDxGraz #202

~~Bronnie Ware - The Top~~

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~~5 Regrets Of The Dying~~

The Top 5 Regrets Of  
The Dying (Don't Let  
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summary The Top 5  
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How to Live without  
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of the Dying

Five Regrets of The  
Dying: Marie Forleo  
& Bronnie Ware

Book: The Top Five  
Regrets of the Dying

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|#Eps28 ~~Bronnie Ware:~~

~~The Top Five Regrets of~~

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~~the Dying~~ THE STORY  
OF 5 REGRETS (and  
why you just need to  
take the first step):

Bronnie Ware

Season 2 Book 29:

\\"The Top Five Regrets  
of the Dying\" by

Bronnie Ware The Top

Five Regrets of the

Dying Book summary

by Amit Kumar... The

Top Five Regrets Of

Here are my top five



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regrets. 1) Not reading the reviews before I purchased the book. 2) Wasting money buying the book. 3) Reading the book. 4) Continuing to read the book hoping to find some redemptive quality to it even after I realized how bad it was. 5) Not returning the book to Amazon for a refund.

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The Top Five Regrets of  
the Dying: A Life  
Transformed by ...

The Top 5 Regrets Of  
The Dying. 1. I wish I'd  
had the courage to live a  
life true to myself, not  
the life others expected  
of me. 2. I wish I hadn't  
worked so hard. 3. I  
wish I'd had the courage  
to express my feelings.  
4. I wish I had stayed in  
touch with my friends.

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5. I wish that I had let  
myself ...

The Top 5 Regrets Of  
The Dying | HuffPost  
Top five regrets of the  
dying. "I wish I'd had  
the courage to live a life  
true to myself, not the  
life others expected of  
me." "I wish I hadn't  
worked so hard ." "I  
wish I'd had the courage  
to express my feelings."

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"I wish I had stayed in touch with my friends."

"I wish that I had let myself be ...

The Top Five Regrets of the Dying - Wikipedia

Top five regrets of the dying. 1. I wish I'd had the courage to live a life true to myself, not the life others expected of me. 2. I wish I hadn't worked so hard. 3. I

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wish I'd had the courage  
to express my feelings.

4. I wish I had stayed in  
touch with my friends.

5. I wish that I had let  
myself be ...

Top five regrets of the  
dying | Death and dying  
| The Guardian

Transcript □ The Top 5  
Regrets of The Dying □  
Don't Let This Be You!  
(Inspiring Speech)

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Australian nurse  
Bronnie Ware spent  
several years working as  
a nurse, caring for  
patients who had less  
than three months to  
live. She recorded their  
stories and shared their  
thoughts on life, in the  
book, *The Top Five  
Regrets of the Dying*. *I*  
...

The Top 5 Regrets of  
*Page 14/67*

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The Dying - Don't Let  
This Be You!

Book Mentioned: The  
Top 5 Regrets Of The  
Dying: [https://amzn.to/2](https://amzn.to/2M1tgYF)

M1tgYFby Bronnie

Ware: <https://www.bronnie.com> More

Fearless Soul you can  
listen to every...

The Top 5 Regrets Of  
The Dying (Don't Let  
This Be You ...

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Bronnie is best known as the author of the international bestselling memoir *The Top Five Regrets of the Dying*.

There is a reason her work has already left a positive imprint on millions around the globe and continues to inspire change every single day.

Bronnie Ware

*Page 16/67*



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De que te arrepentirás  
antes de morir / The Top  
Five Regrets of the  
Dying: Los 5  
mandamientos para  
tener una vida plena / A  
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(Spanish Edition):

Wane, Bronnie,  
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De que te arrepentirás antes de morir / The Top Five ...

Here are the most common five: 1. I wish I'd had the courage to live a life true to myself, not the life others expected of me. This was the most... 2. I wish

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I hadn't worked so hard.

This came from every  
male patient that I  
nursed. They missed

their children's youth...

3. I wish I'd had the  
courage ...

Regrets of the Dying □  
Bronnie Ware

Eventually, in a book  
about the experience,  
she would distinctly  
identify □The Top Five

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Regrets of the Dying.▯

They are: I wish I▯d had the courage to live a life true to myself, not the life others expected of me. I wish I hadn▯t worked so much. I wish I▯d had the courage to express my feelings. I wish I had stayed in touch with my friends.

Top Five Regrets of the  
Dying - Becoming

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Minimalist

The Top Five Regrets of the Dying has already helped so many to find the courage they needed to create the life their heart wanted. It can help you too. 'This book had a profound effect on my life.' □ Dr Wayne W.

Dyer . You deserve to live your best life, to learn true kindness towards yourself, to be

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courageous and proud of  
who you are. ....

Regrets of the Dying ☐  
Bronnie Ware

The regrets are 1) I wish  
I'd had to courage to  
live a life true to myself,  
no the life others  
expected of me; 2) I  
wish I hadn't worked so  
hard; 3) I wish I'd had  
the courage to express  
my feelings; 4) I wish I

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had stayed in touch with my friends; and 5) I wish I had left

The Top Five Regrets of the Dying: A Life Departing  
Transformed by ...

Here are the most common five: 1. I wish I'd had the courage to live a life true to myself, not the life others expected of me. This was the most... 2. I wish

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I didn't work so hard.

This came from every  
male patient that I  
nursed. They missed

their children's youth

and... 3. I wish I'd had  
the ...

## Reprint Edition

The Top Five Regrets of  
the Dying - UPLIFT

Here are my top five  
regrets. 1) Not reading  
the reviews before I  
purchased the book. 2)



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Wasting money buying the book. 3) Reading the book. 4) Continuing to read the book hoping to find some redemptive quality to it even after I realized how bad it was. 5) Not returning the book to Amazon for a refund.

The Top Five Regrets  
Of The Dying: A Life  
Transformed By ...

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Bronnie Ware is an author, songwriting teacher, and speaker from Australia. Her inspiring memoir, *The Top Five Regrets of the Dying*, has connected with hearts all over the world, with translations in 27 languages.

Bronnie lives in rural Australia and loves balance, simple living, and waking up to the

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songs of birds. ... The  
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the Dying: A Life  
Transformed by the  
Dearly Departing gives  
hope for a ...

Amazon.com: The Top  
Five Regrets of the  
Dying: A Life ...

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Here are my top five regrets. 1) Not reading the reviews before I purchased the book. 2) Wasting money buying the book. 3) Reading the book. 4) Continuing to read the book hoping to find some redemptive quality to it even after I realized how bad it was. 5) Not returning the book to Amazon for a refund.

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The Top Five Regrets  
*Page 29/67*

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Of The Dying Pdf Free  
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The Top Five Regrets of the Dying gives hope for a better world. It is a story told through sharing her inspiring and honest journey, which will leave you feeling kinder towards yourself and others, and more determined to live the life you are truly here to live. This

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Regrets Of The  
Dying A Life  
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The Dearly  
Departing  
Reprint Edition

delightful memoir is a  
courageous, life-  
changing book.

Revised edition of the  
best-selling memoir that  
has been read by over a  
million people  
worldwide with  
translations in 29  
languages. After too  
many years of

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unfulfilling work, Bronnie Ware began searching for a job with heart. Despite having no formal qualifications or previous experience in the field, she found herself working in palliative care. During the time she spent tending to those who were dying, Bronnie's life was transformed. Later, she wrote an



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Internet blog post, outlining the most common regrets that the people she had cared for had expressed. The post gained so much momentum that it was viewed by more than three million readers worldwide in its first year. At the request of many, Bronnie subsequently wrote a book, *The Top Five*

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Regrets of the Dying, to share her story. Bronnie has had a colourful and diverse life. By applying the lessons of those nearing their death to her own life, she developed an understanding that it is possible for everyone, if we make the right choices, to die with peace of mind. In this revised edition of the

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best-selling memoir that has been read by over a million people worldwide, with translations in 29 languages, Bronnie expresses how significant these regrets are and how we can positively address these issues while we still have the time. The Top Five Regrets of the Dying gives hope for a

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better world. It is a  
courageous, life-  
changing book that will  
leave you feeling more  
compassionate and  
inspired to live the life  
you are truly here to  
live.

A palliative care nurse  
collects the most  
common regrets of her  
terminally ill patients,  
and explains how to

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positively address issues  
before succumbing to  
illness or old age.

After too many years of  
unfulfilling work,  
Bronnie Ware began  
searching for a job with  
heart. Despite having no  
formal qualifications or  
experience, she found  
herself working in  
palliative care. Over the  
years she spent tending

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to the needs of those who were dying, Bronnie's life was transformed. Later, she wrote an Internet blog about the most common regrets expressed to her by the people she had cared for. The article, also called The Top Five Regrets of the Dying, gained so much momentum that it was read by more than three

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million people around the globe in its first year. At the requests of many, Bronnie now shares her own personal story. Bronnie has had a colourful and diverse past, but by applying the lessons of those nearing their death to her own life, she developed an understanding that it is possible for people, if they make the right

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choices, to die with peace of mind. In this book, she expresses in a heartfelt retelling how significant these regrets are and how we can positively address these issues while we still have the time. The Top Five Regrets of the Dying gives hope for a better world. It is a story told through sharing her inspiring and honest



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journey, which will  
leave you feeling kinder  
towards yourself and  
others, and more

determined to live the  
life you are truly here to  
live. This delightful  
memoir is a courageous,  
life-changing book.

Reality and dream  
collide in Amy  
Bonnaffons's dazzling,  
darkly playful debut

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novel about a love affair between the living and the dead. For weeks, Rachel has been noticing the same golden-haired young man sitting at her Brooklyn bus stop, staring off with a melancholy air. When, one day, she finally musters the courage to introduce herself, the chemistry between them

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is undeniable: Thomas is wise, witty, handsome, mysterious, clearly a kindred spirit.

There's just one tiny problem: He's dead.

Stuck in a surreal limbo governed by

bureaucracy, Thomas is unable to "cross over" to the afterlife until he completes a 90-day stint on earth, during which time he is forbidden to

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get involved with a member of the living -- lest he incur "regrets." When Thomas and Rachel break this rule, they unleash a cascade of bizarre, troubling consequences. Set in the hallucinatory borderland between life and death, *The Regrets* is a gloriously strange and breathtakingly sexy exploration of love, the

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cataclysmic power of fantasies, and the painful, exhilarating work of waking up to reality, told with uncommon grace and humor by a visionary artist at the height of her imaginative power.

At last, freedom from  
burdensome regrets

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Everyone has regrets.

But not everyone can overcome them, even when they interfere with the enjoyment of life.

With this book as your guide, you'll learn how to let go of past mistakes,

lost opportunities, and failed expectations to live richly in a present filled with hope and new possibilities.

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This wise, compassionate, and practical guide offers profound insights into the nature of regrets and how to overcome them. Grounded in proven psychotherapeutic and spiritual principles, No Regrets brings together the insights of mental health professionals,

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spiritual teachers, and self-help experts. In *No Regrets*, you'll find: \* A structured ten-step program for letting go of burdensome regrets \* Powerful spiritual and psychological tools for overcoming regret, including creative visualization, journaling, affirmations, thought analysis, meditation, and sharing



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with others \* Insights  
into toxic thought  
patterns that create and  
support regrets \*

Persistent myths about  
forgiveness that keep us  
trapped in our regrets \*

Inspiring stories of  
people who have freed  
themselves from regret

No Regrets will show  
you a way out of the  
pain, guilt, and shame  
of the past and how to

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create a rich and rewarding life in the present. "Hamilton Beazley has the distinct ability to understand the most complex inner workings of the human spirit and mind. No Regrets is destined to take its place alongside the other great self-help guides of our time."

-Howard J. Shaffer,  
Ph.D., Associate

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Professor and Director  
Division on Addictions,  
Harvard Medical School

Transformed By  
The Dearly  
Departing  
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Brutally honest, often  
hilarious, hard-won  
lessons in learning to  
love and care for  
yourself from a young  
vice president at  
Comedy Central who  
was called "ahead of her  
time" by Jordan Peele  
"Compelling,

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persuasive, and useful  
no matter where you are  
in your life."--Chelsea  
Handler, #1 New York  
Times bestselling author  
of *Life Will Be the  
Death of Me* "A  
bracingly honest, funny  
read . . . like *Wild* meets  
*You Are a  
Badass*."--Adam Grant,  
#1 New York Times  
bestselling author of  
*Give and Take*,

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Originals, and Option B

By the time she was in her late twenties, Tara Schuster was a rising TV executive who had worked for The Daily Show with Jon Stewart and helped launch Key & Peele to viral superstardom. By all appearances, she had mastered being a grown-up. But beneath that veneer of success, she

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was a chronically  
anxious, self-medicating  
mess. No one knew that  
her road to adulthood  
had been paved with  
depression, anxiety, and  
shame, owing in large  
part to her minimally  
parented upbringing.  
She realized she'd hit  
rock bottom when she  
drunk-dialed her  
therapist pleading for  
help. Buy Yourself the

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F\*cking Lilies is the story of Tara's path to re-parenting herself and becoming a "ninja of self-love." Through simple, daily rituals, Tara transformed her mind, body, and relationships, and shows how to \* fake gratitude until you actually feel gratitude \* excavate your emotional wounds and heal them with

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kindness \* identify your  
self-limiting beliefs,  
kick them to the curb,  
and start living a life  
you choose \* silence  
your inner frenemy and  
shield yourself from self-  
criticism \* carve out  
time each morning to  
start your day  
empowered, inspired,  
and ready to rule \*  
create a life you truly,  
totally f\*cking LOVE



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This is the book Tara wished someone had given her and it is the book many of us desperately need: a candid, hysterical, addictively readable, practical guide to growing up (no matter where you are in life) and learning to love yourself in a non-throw-up-in-your-mouth-it's-so-cheesy way.

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□A gentle,  
knowledgeable guide to  
a fate we all share□ (The  
Washington Post): the  
first and only all-  
encompassing action  
plan for the end of life.

□There is nothing wrong  
with you for dying,□  
hospice physician B.J.  
Miller and journalist and  
caregiver Shoshana  
Berger write in A

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Beginner's Guide to the  
End. Our ultimate  
purpose here isn't so  
much to help you die as  
it is to free up as much  
life as possible until you  
do. There is a clear-  
eyed and big-hearted  
action plan for  
approaching the end of  
life, written to help  
readers feel more in  
control of an experience  
that so often seems

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anything but controllable. Their book offers everything from step-by-step instructions for how to do your paperwork and navigate the healthcare system to answers to questions you might be afraid to ask your doctor, like whether or not sex is still okay when you're sick. Get advice for how to break the news to

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your employer, whether to share old secrets with your family, how to face friends who might not be as empathetic as you'd hoped, and how to talk to your children about your will. (Don't worry: if anyone gets snippy, it'll likely be their spouses, not them.) There are also lessons for survivors, like how to shut down a loved

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one's social media accounts, clean out the house, and write a great eulogy. An honest,

surprising, and detail-oriented guide to the most universal of all experiences, A

Beginner's Guide to the End is a book that every family should have, the equivalent of Dr. Spock but for this other phase of life

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(New York Times  
bestselling author Dr.  
Abraham Verghese).

Transformed By  
The Daily  
Departing  
Reprint Edition

A special 20th  
anniversary edition of  
the beloved  
international bestseller  
that changed millions of  
lives Maybe it was a  
grandparent, or a  
teacher, or a colleague.  
Someone older, patient  
and wise, who

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understood you when you were young and searching, helped you see the world as a more profound place, gave you sound advice to help you make your way through it. For Mitch Albom, that person was Morrie Schwartz, his college professor from nearly twenty years ago. Maybe, like Mitch, you lost track of this mentor



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as you made your way,  
and the insights faded,  
and the world seemed  
colder. Wouldn't you  
like to see that person  
again, ask the bigger  
questions that still haunt  
you, receive wisdom for  
your busy life today the  
way you once did when  
you were younger?

Mitch Albom had that  
second chance. He  
reconnected with Morrie

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in the last months of the  
older man's life.

Knowing he was dying,  
Morrie visited with

Mitch in his study every  
Tuesday, just as they  
used to back in college.

Their rekindled  
relationship turned into  
one final "class:"

lessons in how to live.

Tuesdays with Morrie is  
a magical chronicle of  
their time together,

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through which Mitch  
shares Morrie's lasting  
gift with the world.

This book will provide  
the full scope on trend  
research, from scanning  
to analysing and  
applying trends.

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