

## **[Outlive ] by Peter Attia MD**

- **1) Lifespan:** The number of years you live. **Quantity.**
  - **2) Healthspan :**  
**Conventional definition :**  
The period of life when we are free from disability or disease. **Quality.**  
**As well as:**  
Maintain physical and cognitive and emotional function.  
Be able to do the things you like to do.
- 

### **Living Well and Leaving Well:**

- **A well lived life filled with deep love and meaning.**
- **Face death without fear and leave the world without regret .**

# About the Book

- *Co-authored by a husband-and-wife duo of 65 years.*
- Renowned psychiatrist Irvin Yalom and his writer wife Marilyn Yalom, married for 65 years, *explore their shared experience after the wife was diagnosed with terminal cancer:* grappling with illness, confronting mortality, and cherishing the life's final chapters together.
- *In the process of facing death,* they reflect on the meaning of life, how to love and live without regret.
- *It emphasizes the brevity and preciousness of life,* and how to live it to the fullest so you can leave the world with fewer regret.



***“It will inspire you and perhaps move you  
to look differently at your life”***

***“It did for me”***

—Abraham Verghese, author of Cutting for Stone—

**這將啟發你，或許還會感動你，  
讓你用不同的眼光看待自己的生命。  
對我來說就是如此**

# Marilyn Yalom



- Profession: American feminist, author, and historian.
- Academic Appointment: Professor of French, Stanford University.
- Previous Role: Senior scholar at Clayman Institute for Gender Research at Stanford University.
- Education:
  - BA in French from Wellesley College.
  - MA in French and German from Harvard.
  - PhD in Comparative Literature from Johns Hopkins University.

# Marilyn's Publications

- *Maternity, Mortality, and the Literature of Madness* (1985).
- *Blood Sisters: The French Revolution in Women's Memory* (1993).
- *A History of the Breast* (1997).
- *A History of the Wife* (2001).
- *Birth of the Chess Queen* (2004).
- *The American Resting Place: Four Hundred Years of History* (2008)
- *How the French Invented Love* (2012).
- *The Social Sex: A History of Female Friendship* (2015).
- *Compelled to Witness: Women's Memoirs of the French Revolution* (2017).
- *The Amorous Heart: An Unconventional History of Love* (2018).
- *A Matter of Death and Life with her husband* (2021).



# Irvin D. Yalom, MD



- Internationally acclaimed psychiatrist, author, and American existential psychotherapist.
- Emeritus professor of psychiatry at Stanford University.
- Education:
  - BA: George Washington University.
  - MD: Boston University.
  - Residency: Psychiatry, Johns Hopkins Hospital.
- Key Contribution:
  - Longstanding academic career at Stanford University, focusing on:
    - Teaching group psychotherapy.
    - Developing his influential model of existential psychotherapy.

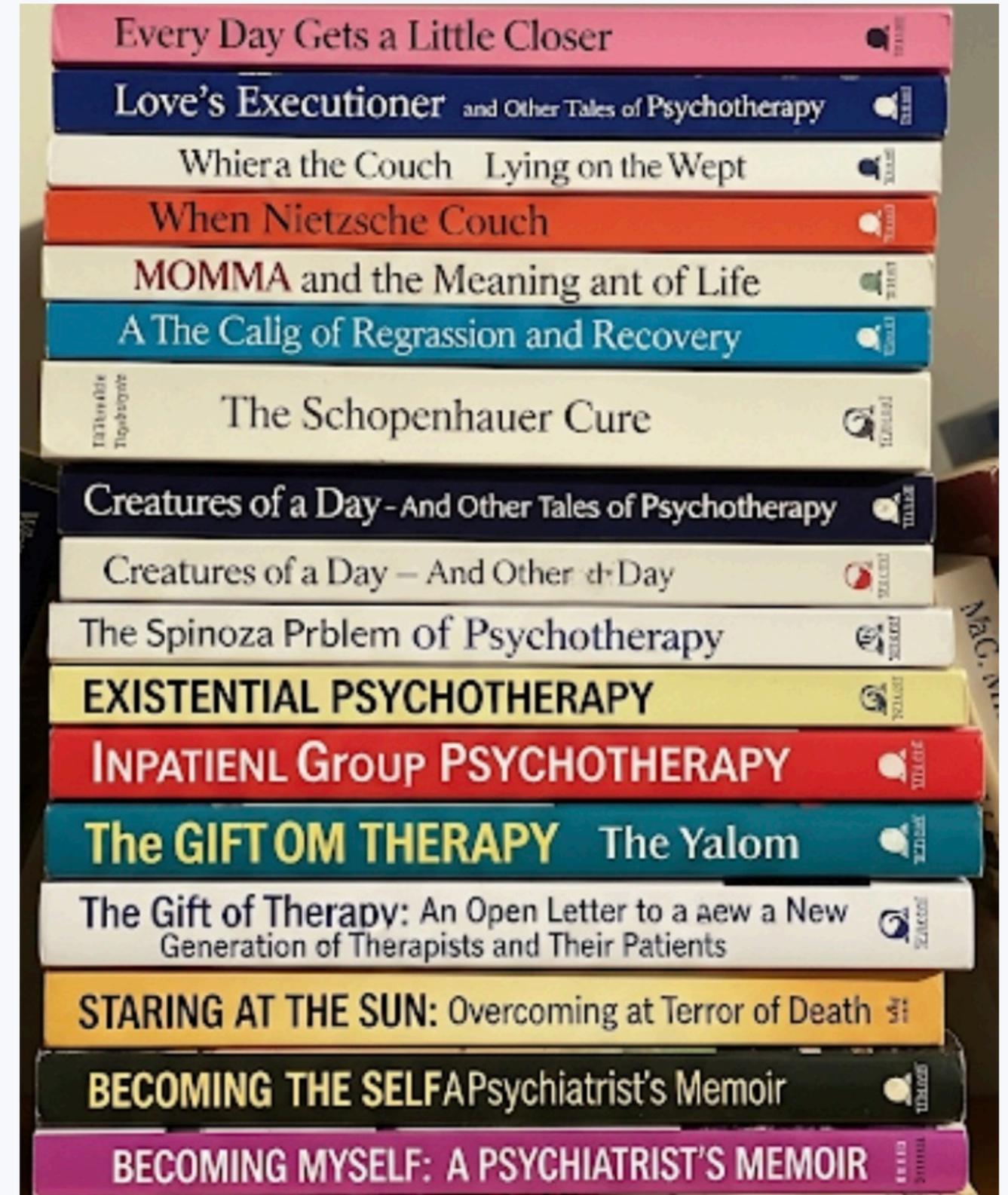
# Publications of Irvin D. Yalom MD

## • Fiction and memoir

- 1974 *Every Day Gets a Little Closer*
- 1989 *Love's Executioner and Other Tales of Psychotherapy*
- 1992 *When Nietzsche Wept*
- 1996 *Lying on the Couch*
- 1999 *Momma and the Meaning of Life*
- 2005 *The Schopenhauer Cure*
- 2005 *I'm Calling the Police! A Tale of Regression and Recovery*
- 2012 *The Spinoza Problem*
- 2015 *Creatures of a Day - And Other Tales of Psychotherapy*

## • Nonfiction

- 1970 *The Theory and Practice of Group Psychotherapy* (6th edition 2020)
- 1980 *Existential Psychotherapy* (Kindle edition 2020)
- 1983 *Inpatient Group Psychotherapy*
- 1996 *The Yalom Reader*
- 2001 *The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients*
- 2008 *Staring at the Sun: Overcoming the Terror of Death*
- 2017 *Becoming Myself: A Psychiatrist's Memoir*
- 2021 *A Matter of Death and Life*, co-written with Marilyn Yalom
- 2024 *Hour of the Heart*, co-written with Benjamin Yalom



# Films

- **Filmography**

- 2003 *Flight from Death* (directed by Patrick Shen, featuring Ron Leifer, Robert Jay Lifton, Merlyn Mowrey and Sheldon Solomon and Irvin D. Yalom)
- 2007 *When Nietzsche Wept* (directed by Pinchas Perry, featuring Ben Cross, Armand Assante, Katheryn Winnick)
- 2014 *Yalom's Cure* (directed by Sabine Gisiger), A biographic documentary about the life and work of renowned psychotherapist Irvin Yalom.
  - [https://m.imdb.com/video/vi2195043097/?ref\\_=ttvg\\_vi\\_1](https://m.imdb.com/video/vi2195043097/?ref_=ttvg_vi_1)

# Childhood



- Similar culture background
- Different environments and upbringings
- Different personalities
- Same passion

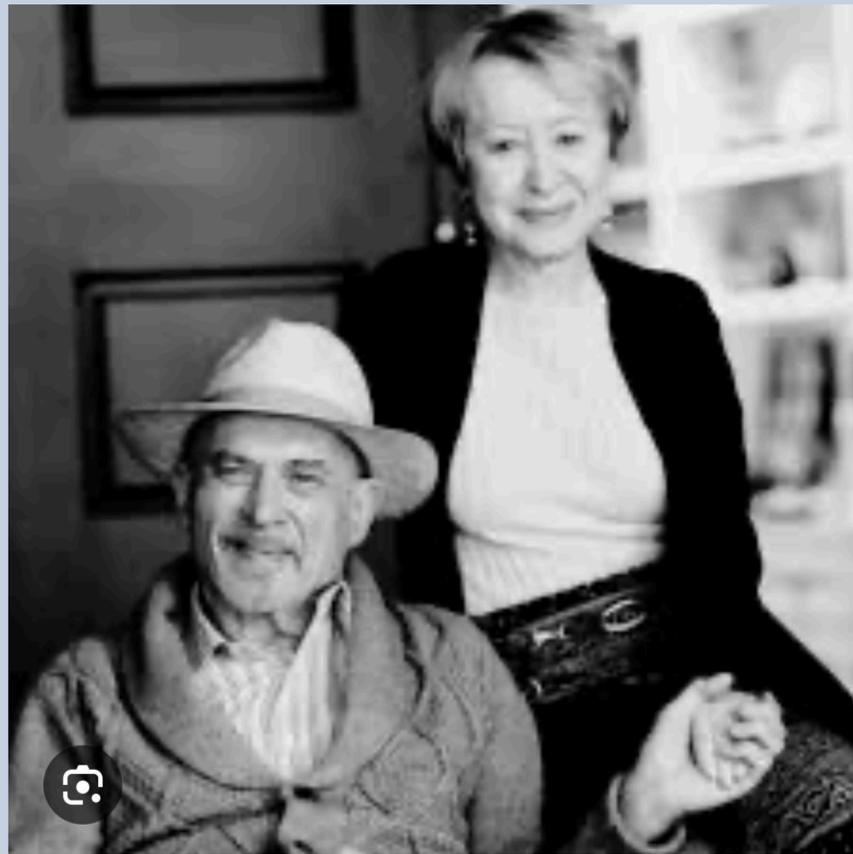


***A traumatic childhood can take a  
lifetime to heal***

***A happy childhood set the stage  
for a fullfilling life***

**創傷的童年，可能需要一生去治癒  
幸福的童年，是充實一生的基礎**

# Our Life Together



- ***A lifelong Partnership from Early Age***
- ***Met in junior high school at age 15. ( story)***
- **We were inseparable until Marilyn left for Wellesley College in Massachusetts.**
- ***Marriage and Medical Career:***
  - **We married third year of medical school, and from that point on, we lived the rest of our lives together.**
  - **After two years serving in the army in Hawaii, we settled at Stanford , where we would spend the rest of our life.**





# Two Old People in a Final Dance

- ***Marilyn's Recent Health Journey***

- 2019, at the age of 87: Diagnosed with multiple myeloma.
- Post-Treatment Stroke:  
Hospitalized after a stroke possibly a side effect of the anti-cancer medication, Revlinid.
  - Suddenly unable to speak, but had a full recovery.
  - Significant as Marilyn has always cherished conversation and public speaking since childhood.

- ***Irvin's Ongoing Health Challenge***

- Equilibrium problems: From a previous stroke; requires a cane indoors and walker outdoors.
- Recent Cardiac Event: Diagnosed with severe bradycardia upon Marilyn's returning from the hospital,
  - Needed an emergency pace maker.

# Two Old People in a Final Dance

- ***Reflections on a life Well-Lived:***

- Physical Ordeals Fade: Our health challenged gradually recede into the background.
- Morning Ritual: Spend mornings sitting close, admiring trees, holding hands, reminiscing.
- Cherished Memories: Recounting our many trips; Marilyn's affirmation: "Irv, there is nothing I would change."

- ***Living Without Regret:***

- Most powerful comfort for those dreading death: living a regret-free life.
- Marilyn and I both feel no regret-we've truly lived fully and boldly.
- Consciously pursued opportunities for exploration; very little "unlived" life left.



# The Birth of The Book: A Matter of Death and Life

- ***Reflection on Mortality:*** In looking back over our long life together, we regret very little. But that doesn't make it easier to tolerate the bodily travails we experience day to day, nor does it soften the thought of leaving each other.
- ***A Collaborative Journey:*** Conceived by Marilyn, this book documents the challenging months leading to Marilyn's passing. chronicles the journey of a couple married for 65 years, navigating the path from life to death.
- ***Two Voices, One Journey:***
  - ***Marilyn's Chapters:***
    - Fighting the disease.
    - Coping with the treatments and the side effects.
    - Facing her impending death.
    - Reflecting on life, relationships, and legacy.
    - Acceptance and effort to shape her "good death"
  - ***Irvin's Chapters:***
    - Confronting life's greatest challenge, accompany his loved one through their final days.
    - Caring for and comforting his dying wife.
    - Navigating anticipatory grief.
- ***Irvin's Chapters after Marilyn's Death.***
  - Confronting his own bereavement.
  - Intellectual familiarity vs. the emotional reality of loss. (His work often explores death anxiety, meaning, and interpersonal relationships)
  - Grieving process after Marilyn's passing.



# Marilyn's Emotional Journey Through the Sickness

## • *Treatment and Side Effects:*

- Initial treatment, Revlimid, an immunomodulator, may have led to stroke.
- Second treatment: Weekly Velcade injections were followed by days of nausea and other forms of physical discomforts. **“I am exhausted most of the time as if cotton is stuffed around my brain or a foggy veil exists between me and the rest of the world.”**

## • *Living with Illness:*

- She questioned: **“After a long satisfying life with Irvin, why should I want to live now with daily misery and despair?”**
- Marilyn considered that refusing treatment would lead to a painful death of multiple myeloma sooner than later, noting that physician aid in dying is legal in California.

## • *Motivation for Living:*

- **A key question arose: Does one stay alive not only for oneself but also for others?**
  - **Family**, 3 sons and 1 daughter.
  - **Friends** from work.
  - Primarily, her motivation was **for Irvin**.



## Irvin's Feeling Toward Marilyn's Suffering

- As always, I ask how she is feeling. As always, she answers handily , ***“ I feel awful. I can't put it into words. I am removed from everything.... terrible feeling run through my body. If it weren't for you, I wouldn't stay alive... I don't want to live anymore... I'm so sorry to keep saying this to you. I know I'm saying this over and over.”***
- I've been hearing her speak this way every day for several weeks. ***I feel despondent and hopeless. Nothing brings me more pain than her pain*** I hold her hand and try every way I know to reassure her.
- ***“So many times over the past months you have said you're staying alive only for me and worrying about how I'll survive without you. I've been thinking about this a lot. I want you to hear this. I will survive your death. I can continue to live-probably not too long, considering the little metal box in my chest. I can't deny that I will miss you every day of my life.... But I can continue to live. What I cannot bear is the thought of you living with such pain, such agony for my sake.”***  
Marilyn closes her eyes for a while, then nods ***“ Thank you for saying that. It's a relief”***

**Understand, support, and reassure your loved one by knowing what they truly desire.**

## Staring at the Sun

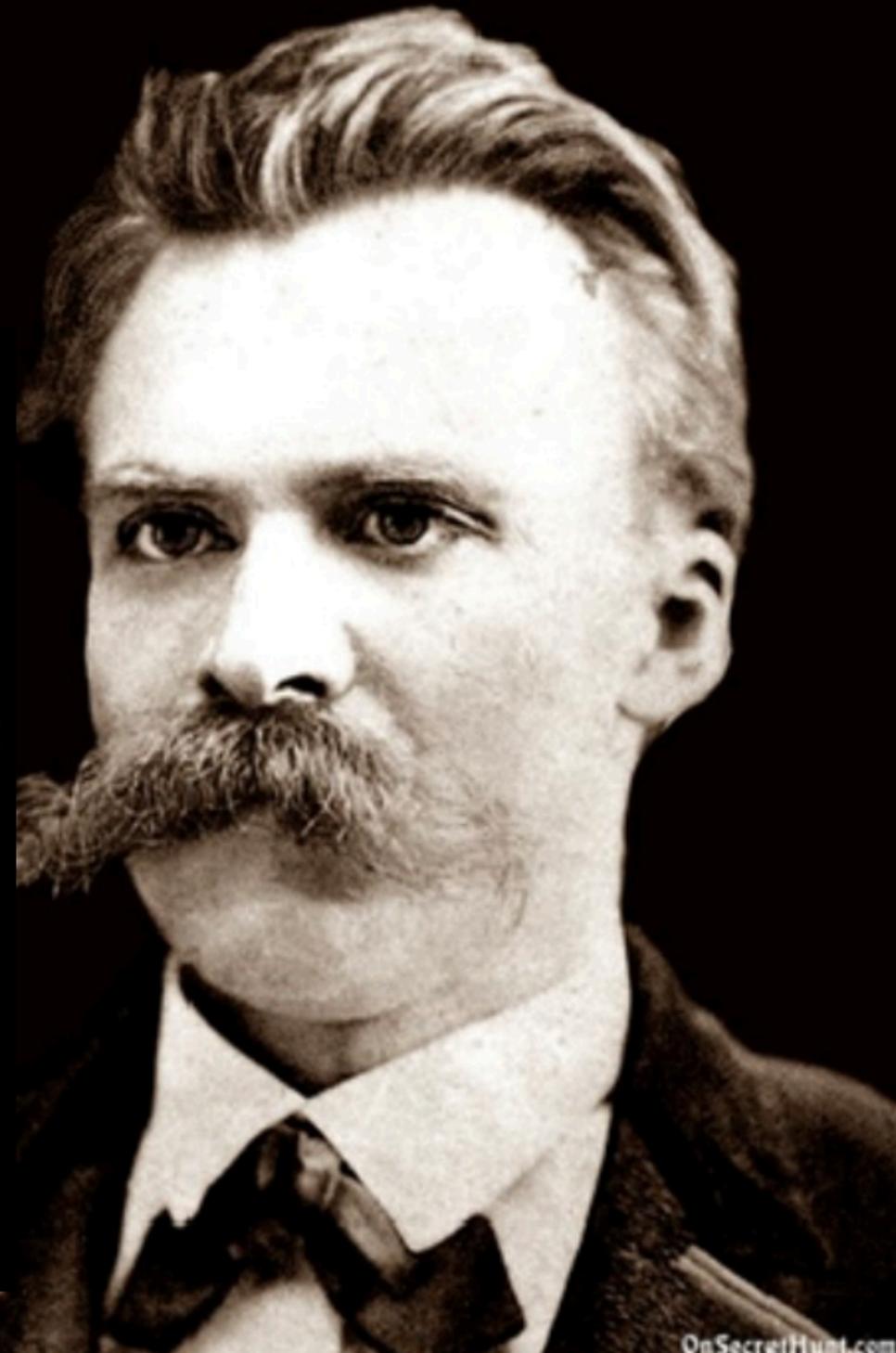
- ***Treatment ineffectiveness & New Recommendation:*** After four months, Valcade treatment proved ineffective. Immunoglobulin (IVIg) weekly infusion was recommended.
- ***Marilyn's Bold Questions:*** Marilyn agreed to the immunoglobulin approach, but never one to mince her words, poses a bold question ***“if this route proves to be intolerable or ineffective, would you agree to my meeting with palliative care to discuss Physician-assisted Suicide (MAID, Medical Aid in Dying?)”***
- ***Physician's Agreement:*** The oncologist, initially startled, hesitated for a few seconds but ultimately agreed to Marilyn's request.  
If two physicians concur in writing , they would assist her in ending her life.
- ***Irvin left the Session Stunned and Disoriented.***
- ***Privately, he hoped for even one more day of life for Marilyn would be worth it.***

## Staring at the Sun

- ***Marilyn lived a charmed life under her parents's care***, so even when facing death , she remained calm and at ease. With her life drawing to a close, Marilyn only hoped to suffer less and leave this world without pain.
- ***She believed that to die without regrets, one must live life according one's own will until the very end.***
- She also recalled ***Nietzsche's words that some people die too early and some die too late, and that a person should die at the right time.***
- Reflecting on her full and successful life- she had traveled the world, enjoyed a happy marriage, was surrounded by children and grandchildren, and never missed an opportunity to explore the unknown-it was only natural that she had no complaint or regrets.  
***Under the circumstances, dying at 87 is no tragedy.***
- **Personal Beliefs:**  
Although Irvin and Marilyn are culturally Jewish, they do not believe there is consciousness after death.

“Living safely is Dangerous”  
“Many die too late, and some die  
too early.”  
Yet strange soundeth the precept:  
• “Die at the right time”

*Friedrich Nietzsche*



# Friedrich Nietzsche's Perspective on Death

- One of Nietzsche's most famous concepts related to death is :  
*“Many die too late, and some die too early, Die at the right time.”*
- This isn't a call for suicide out of despair, but rather *a dignified and willed exit when one's life has reached its peak, achieved its purpose, or can no longer be lived with honor and pride.*
- *It's about taking control of one's end*, rather than allowing a “nature” or “irrational” death to diminish one's accomplishments or legacy.
- *Embracing Mortality: The finitude of life gives it its preciousness and urgency.*  
認識死亡的必然，生命的有限，才能珍惜生命的可貴和緊迫感。

# What Matters to Me, Marilyn



- Psalm 23rd “ *Surely goodness and mercy shall follow me all the ways of my life*”  
我一生一世有恩惠追隨我
- *I carry with me the memory of parents and teachers and colleagues, who were generous and loving.* I try to be worthy of that line and to pass it on to the next generation.  
Now, as my time on earth draws to close, I am trying to live out my remaining days in accordance with those principles.

**Pursue spiritual growth, cultivate gratitude and love, connect with others genuinely with empathy and kindness.**

# Irvin's Emotional Journey

- ***A Personal Reflection:***

- ***During Immunoglobulin Infusion :***

I remained constantly by her side, holding her hand until she fell asleep. In her final months, I cared for her in every possible way.

I refuse to dwell on my own mortality when facing hers, knowing Marilyn would no longer be beside me then.

- ***Moments of Comfort:***

On the days with minimal side effects from infusion, we would read Dickens together or Marilyn would read loud to me. These were just a few of countless cherished moments she has given me since our adolescence.

# Awareness of Evanescence



- ***Three Cadavrmates Departed:*** In the past few years, three of my cadaver lab partners from medical school have passed away. I hold fond and unsettling memories of our time together
  - **Dr. Larry Snageon's Dissection Insight:** I recall Surgeon Larry Snageon's comments on Irvin's rather clumsy dissection technique.
  - **The unforgettable Roach:** A large roach once emerged from an eye socket. Missed the anatomy of the brain.
  - **Dr. Larry Eanet's Dual Life:** Dermatologist, Larry Eanet's Obituary revealed his remarkable life as "Jazz pianist Virtuoso" who moonlighted as a doctor.
- ***The Insubstantial Nature of Life:*** This reminds me of the inherent insubstantiality of everything.
- ***Gratitude Amidst Loneliness:*** I feel blessed to still breath, think, smell, and hold my wife's hands. Yet, There's profound loneliness; I miss them dearly. I am aware that my own time is approaching..

## Death Sentence

- In October, ***10 months after the diagnosis***, Oncologist Dr. M delivered the news ***“No more immunoglobulin. Laboratory tests indicate it has ceased to be effective”***
- ***Death at 87 is not considered a tragedy.***
- Irvin and I don't believe in after life beyond a ***“reintegration into the cosmo”*** “my body will ultimately disintegrate into the earth.
- ***The final two questions*** posed to the oncology team were:
  - “How much longer can I expect to live? “  
The response :“I can't be sure, perhaps in the neighborhood of two months.”
  - “How do we initiate assisted suicide? “  
The response:“A large amount of pills.”
- ***There was a sense of relief upon hearing that misery would come to an end.***

## Farewell to Chemotherapy and to Hope

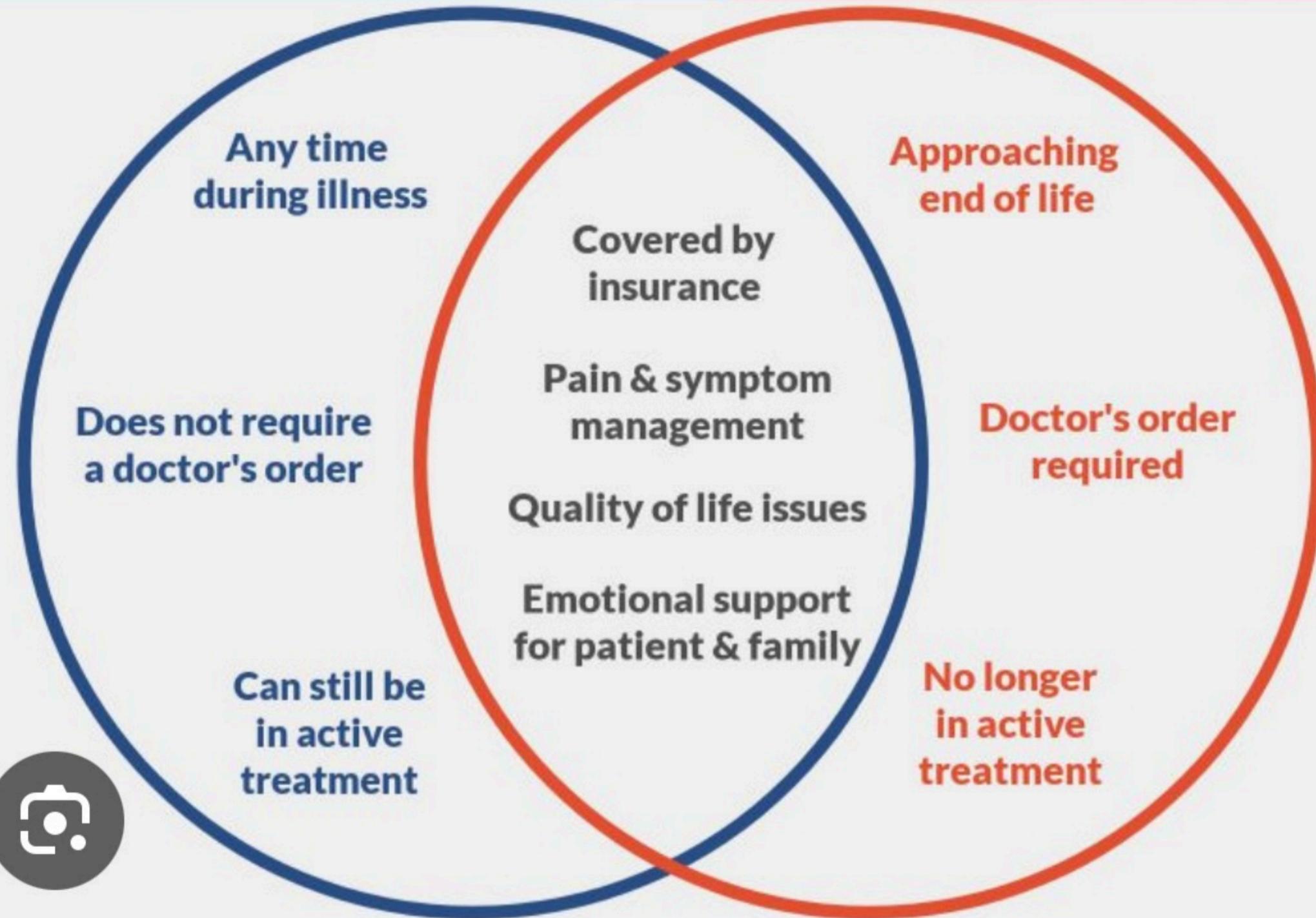
- ***“1-2 Months to live.” I gasp.*** We had desperately hoped for 3-6 months.
- ***Marilyn remained unfazed, where I entered a state of shock, my thought incoherent.***  
The realization that she would die from swallowing pills troubled me deeply; I had always envisioned an IV injection. While I can easily swallow handful of pills, Marilyn can only manage one at a time, deliberately and slowly.
- I begin to weep as I recalled caring for Marilyn over 74 years, since she was just under 5 feet tall and barely 100 lb when when we first met.
- I was bigger and stronger and knew about the world of science and always, always tried to take care of her and keep her safe. And, yet, now, ***I shudder at the thought of holding those killing pills, handing them to her, one by one.***

# From Palliative Care to Hospice

- Oncologist Dr.M refer to *Paliative care* 緩和治療 Dr. S
- Dr. S then refers Marilyn to *Hospice* 安寧治療 Dr.P and Mission Hospice.
  - Dr. P prefers the term” *Physician -attended- Dying*” 醫在死亡, over “*Medical Aid in Dying (MAID)*” 醫助死亡。
  - He reassures Marilyn that if she chooses this path, he support her and provide an easily ingestible emulsion of pills.
- *Statement of Devotion and Reassurance:*
  - *I had vowed myself I would never impose burden upon of worrying about my life without her. I hug her and tell her for the thousandth time how much I love her and admire her and owe every particle of my success in life to her.*
  - “ *I will be all right*”
- *Marilyn’s Encouragement:*
  - *She speaks of my talent, my creation of so many varied world in my writing.  
”You had it in you. Your own creativity. I just help uncork it.”*
  - “*My success came from my brain, my imagination-yes, I know that, my darling. But I also know that you opened the window of the creative world for me. You introduced me to higher form of literature. You are my only link with the classics, with great literature, with philosophy: You broadened my narrow view of the world. You introduced me to the great writers and thinkers.*”

Palliative Care

Hospice Care



# Medical Aid in Dying (MAID) 醫師協助死亡

## Physician-Assisted Death (PAD) Death with Dignity

- **Definition: MAID** is a legal option in allowing a terminal ill, mentally competent adult with a prognosis of six months or less to live, to obtain a prescription for lethal dose of medication they can self-administer for a peaceful end-of-life.
- **Legal Status:**
  - U.S. State: Legal in a limited number of States( e.g., Oregon, Washington, California, Colorado, Vermont, Maine, New Jersey, New Mexico, Montana and Washington D.C.)
  - Other countries (Legal in countries like Canada, part of Australia, Belgium, Netherlands, Switzerland.....)
  - Not legal in any Asian countries including Taiwan and China.
- **Strict Eligibility Criteria Typically Include:**
  - Adult( 18+ years old, and a resident of the state where it's legal.
  - Terminal illness with a prognosis of six months or less, confirmed by two physicians.
  - Mentally competent to make healthcare decisions.
  - Ability to self-administer the medication.
  - Multiple requests ( oral or written) for the medication, often with waiting periods.
- **Ethical and Social Consideration.**

# AMA's Position on Medical Aid in Dying



- The AMA's stance on MAID has evolved, acknowledging ethical complexities while upholding *physicians autonomy and patient rights*.
- The AMA now affirms physicians participate in MAID based on conscience, provided it does not violate professional obligations. *This position neither mandates nor prohibits participation.*
- The AMA continues to *promote high quality end-of-life care, emphasizing palliative care, hospice, and advance directives.* 預立醫療決定
- *While acknowledging the MAID's benefit, the AMA recognizes the potential for misuse and emphasize the need for safeguards to protect vulnerable patients.*

# 臨終醫療在台灣

## 生命終點的溫暖

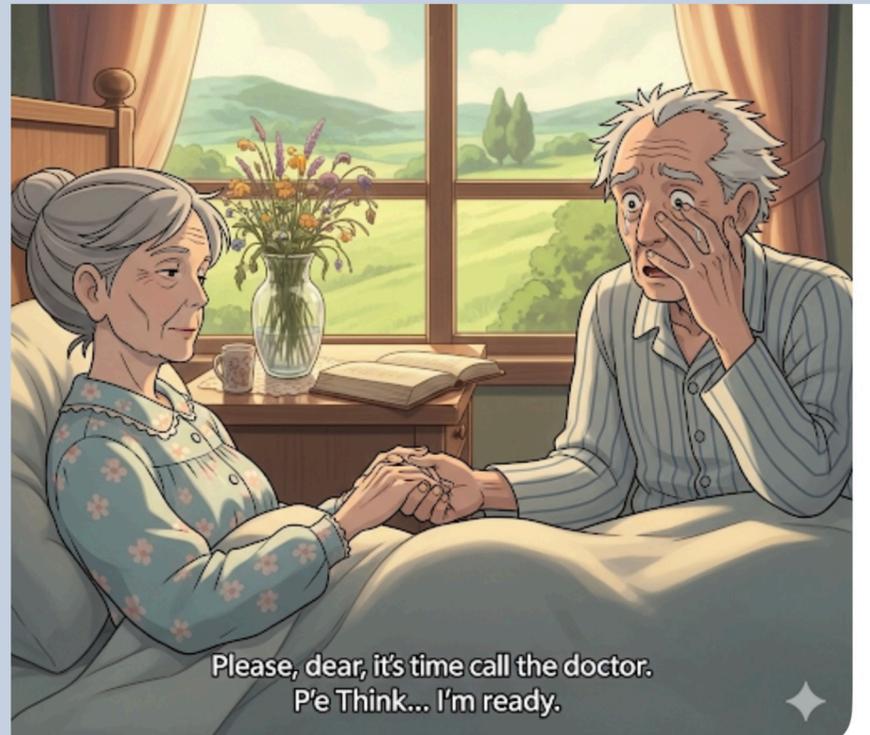
臺灣已邁入超高齡社會，生老病死是全民必須面對的議題。如何在生命終點活得有尊嚴、走得有品質，成為當代醫護與社會共同的智慧考驗。自2000年通過

《安寧緩和醫療條例》，以及2016年《病人自主權利法》施行，臺灣在安寧緩和醫療領域走在世界前端，更在國際評比中名列前茅。臺大醫院團隊深耕安寧緩和醫療30載，透過全人照護、居家安寧及預立醫療照護諮商等多面向服務，致力推廣善生善終的理念，讓生命終點不再是孤獨與絕望，而是充滿愛與自主的溫暖告別。

**醫助死亡 MAID:** 病人自行服下致命藥物

**安樂死 Euthanasia:** 醫預人員直接給予致命藥物

# Death Arrives



- ***Marilyn's back pain returned and rapidly worsened.*** The hospice staff administered small doses of morphine hourly to enhance her comfortable, leading her to sleep most of the day. Whenever I attempted conversation, she could only mumble a few words before drifting back asleep.
- Late that afternoon, she abruptly opened her eyes, turn toward to me, and declared "***It's time. Irv, It's time. No more, please. No more. I do not want to live.***" With a quivering voice, I asked, "Shall I ask Dr. P to come?" She nod vigorously.
- Dr. P requested a reduction in her morphine dosage and stated he would come the following morning.

# Death Arrives

## The Final Moment

- ***The following morning Dr. P arrived:***

- He asked Marilyn, surrounded by her children, “What would you like?” Marilyn replied: “ No Life. No More.”  
He asked again , “Are you certain you want to end your life now?”  
Marilyn, though groggy, gave a clear firm nod.

- ***Administering the lethal Dose:***

- Dr. P prepared the lethal doses in two glasses.

- ***Marilyn’s Last Moments:***

- She drank both glasses and lay down closing her eyes.
- I put my head next to hers. She breathed less an less frequently. After her fourteenth feeble breath, she breathes no more.

- ***Farewell:***

- I leaned over to kiss her forehead. Her flesh is already cool.
- “ My Marilyn, my darling Marilyn, was gone.”

# What Sustained Our 65 Years of Marriage

- ***Mutual Respect & Support:***

- *Always respect each other's desire and wishes.*
- *Help each other to grow to their full potential.*

- ***Primary Commitment:***

- Your primary commitment is to the other person-that's something one always has to remind oneself.

- ***Navigating Difficulties Together:***

- Our relationship has not always been tranquil; we've had our differences, our quarrels, our indiscretions.
- But we have always been forthright and honest with one another and always, always, put our relationship first and gone through it together.



# We will remember \*

Read by Eve Yalom and her daughter's Lily and Elena

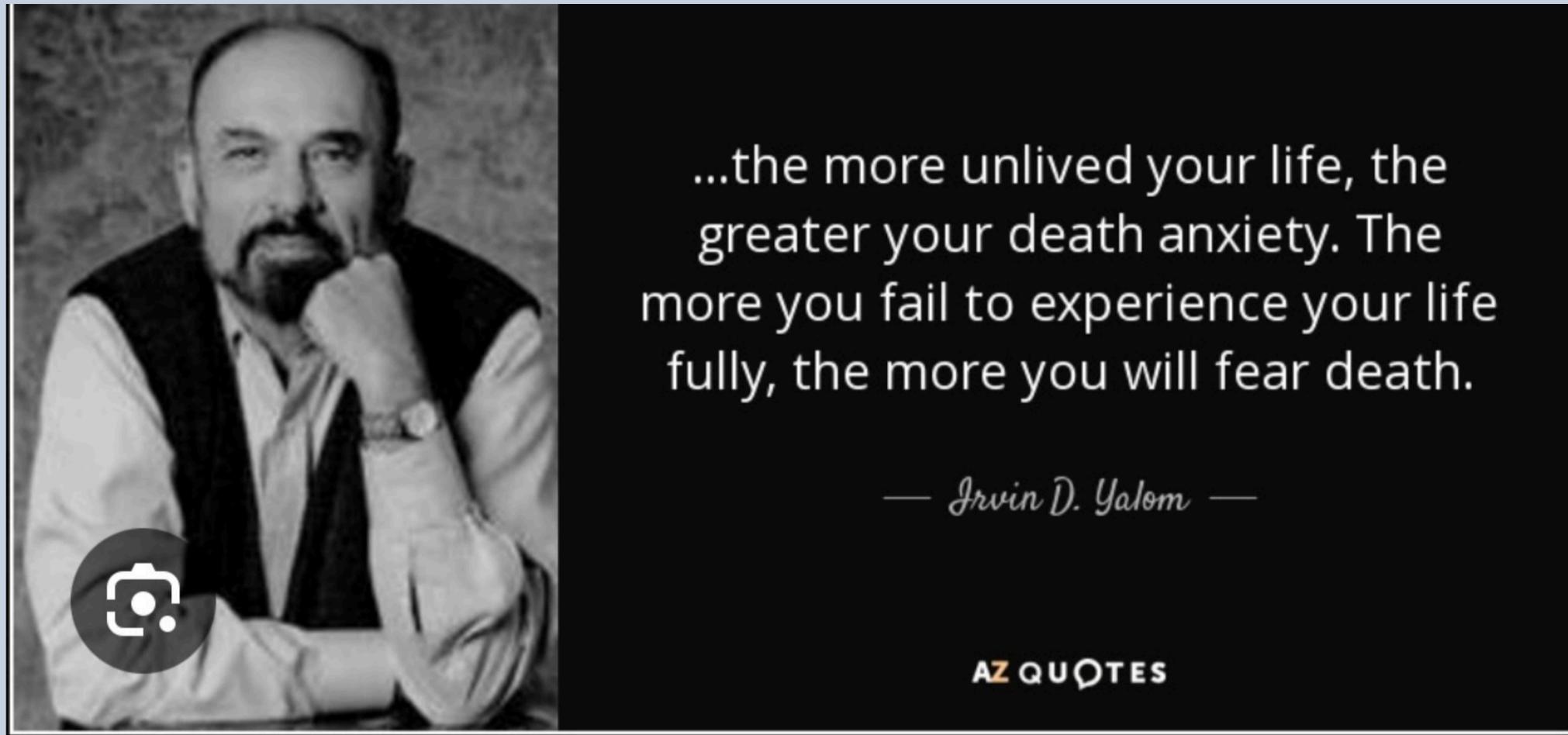
- When we smell the scent of lavender to province, we will remember her.
- when we read an intelligent and well crafted book, we will remember her .
- When we refer to God in her female form, we will remember her.
- When we women take a seat at the table and speak our minds, we will remember her
- When we feel reverence for history a feel free to question the patriarchy, we will remember her.
- When we hear the bells of Saint Sulpice, we will remember her.
- When the apricots are in bloom, we will remember her.
- When afternoon tea becomes evening, Sherry, we will remember her.
- When the prime rib is gnawed to the bomb, we will remember her.
- When the grammar police issue a citation. We will remember her.
- When a champagne toast is lifted, we will remember her.
- When we are confused, downcast, uplifted, or joyous, we will remember her.
- ***As long as we live, she too will live, for she is now a part of us.***
- ***We will remember her.***



# Death in Three Aspects

- **1. *Biological Death:*** This is the moment when the body ceases to function, and a medical professional officially declares death.
- **2. *Social Death:*** This occurs when the individual is formally removed from the living community through rituals and ceremonies, such as a funeral or burial.
- **3. *Final Death:*** This is the ultimate cessation of existence, occurring when no one alive remembers the individual, and their name is spoken for the very last time.

# Death Anxiety and Life Experienced



越多未實現的人生，對死亡的焦慮就越大。  
越是無法盡情體驗人生，就會越恐懼死亡。

***Death is Not a Tragedy***

***An Unlived Life is***

**死亡不是悲劇**

**未曾活過的人生才是**

***What Matters at The End ?***

***A Well-Lived Life***

***with***

***Little Regret***

**最終，重要的是什麼？**

**充實，精彩的一生，**

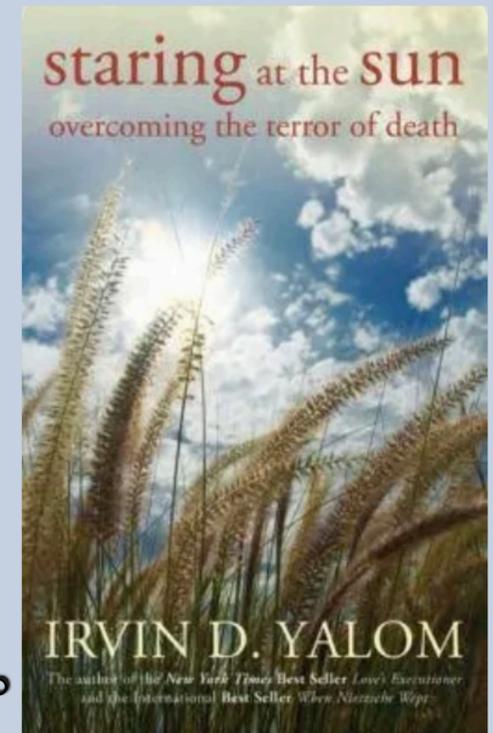
**沒有太多遺憾。**

# Staring at the Sun 凝視太陽

*Overcoming the Terror of Death*

*by Irvin Yalom*

- A book that delves into the universal human fear of death and how confronting this anxiety can lead to a more meaningful and fulfilling life..
  - *Rearrange our priorities*: Focus on what truly matters.  
重新安排我們的優先事項：專注於真正重要的事情。
  - *Communicate more deeply*: Enhance connections with loved ones.  
更深入地溝通：加強與親人的聯繫。
  - *Appreciate life's beauty*: Live more presently and fully.  
欣賞生命的美好：更活在當下，更充分地生活。
  - *Take risks*: Pursue personal fulfillment. 承擔風險接受挑戰，追求個人成就感。



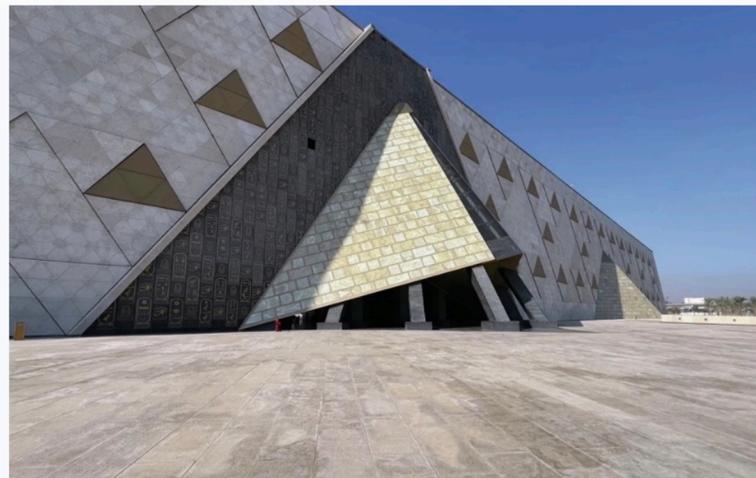
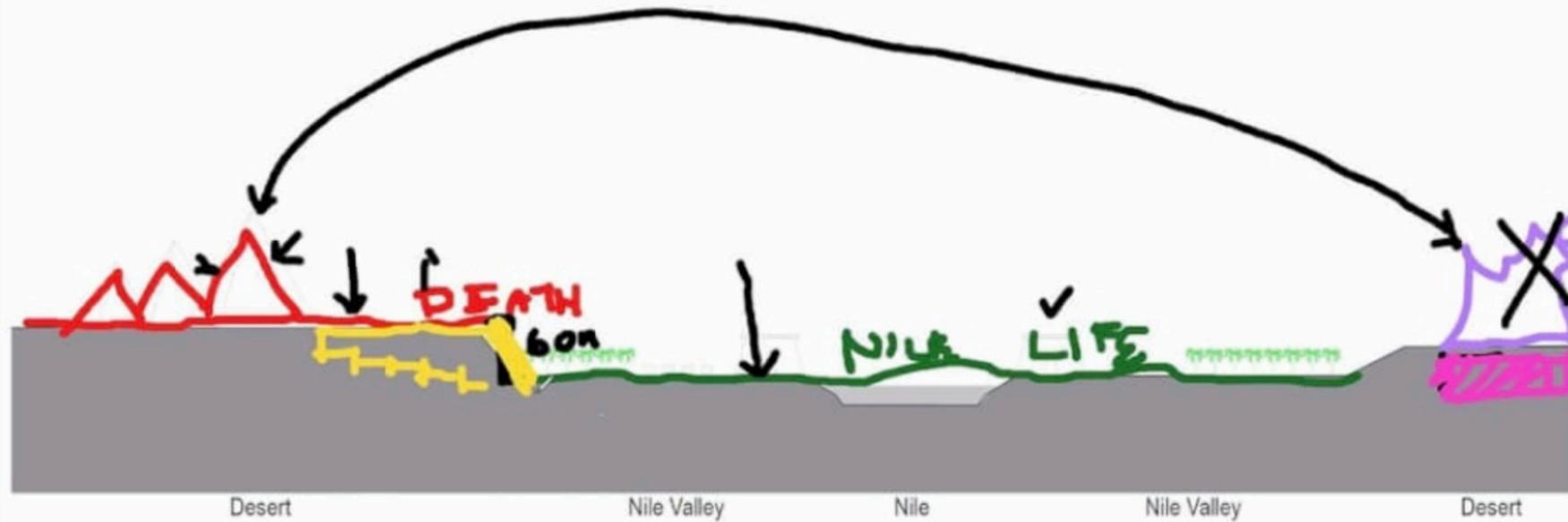
**Instead of being paralyzed by the fear of death, we can use it as a catalyst for living a more authentic, engaged, and purposely life.**

**不要被死亡的恐懼所麻痺，而是將其作為催化劑，引導我們過上更真實、更投入、更有目標的生活。**

**DEATH IS A GIFT OF LIFE 死亡是生命的禮物**

# The Grand Egyptian Museum

Public Opening Nov.4, 2025



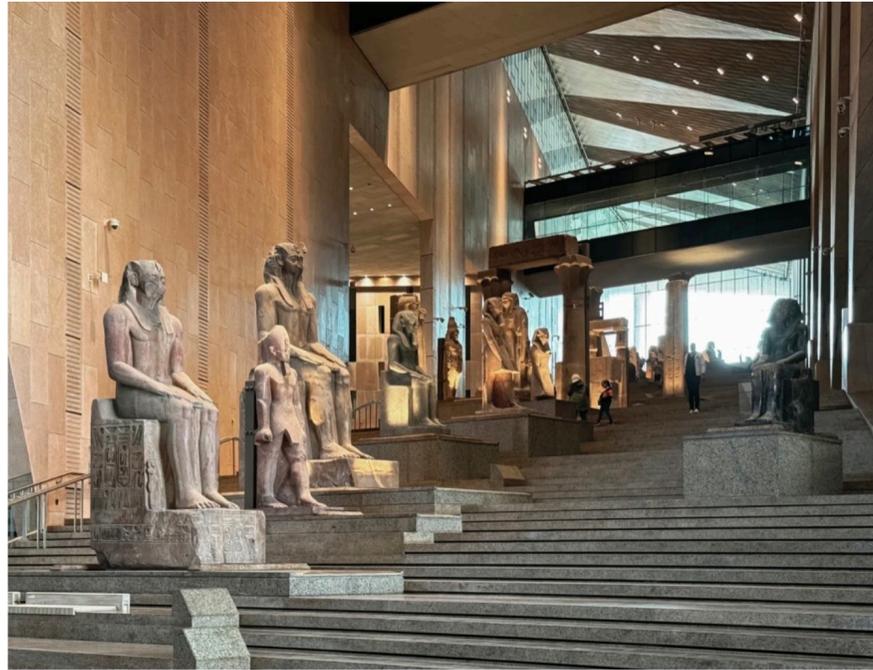
The Grand Egyptian Museum Represents a Paradigm Shift in Museum Design

[architectmagazine.com](http://architectmagazine.com)

Won the design in 2003 by Rosie Heneghan (Irish) & Shih Fu Peng 彭士佛 (Immigrant to US from Taiwan) as wife and husband team based in Dublin (both from Harvard Architecture School)

# The Grand Egyptian Museum

Public Opening Nov.4, 2025



Ascending galleries mimic the elevation change from the Nile Valley to the desert plateau.



The top level of the stepped galleries offers a view of the Giza Necropolis.

- 遊客進入博物館後到達主展廳前，先爬上連接平原和高原地形高低差的大階梯，象徵一步步從出生走向死亡，最後到達頂端，站在面對一片全景玻璃落地窗前，觀賞眼前正對著自己看的古夫大金字塔 (Khufu Pyramid)，猶如站在生死交關的十字路口上，靜想自己的人生抉擇。

# Marilyn's Fully Lived Life



**Marilyn's life was a testament to the human spirit, rich in love, driven by intellectual pursuit, and ultimately defined by her brave confrontation with mortality.  
SHE LIVED A FULLY LIVED LIFE OF 87 YEARS !**

# Marilyn Yalom Ted Talk

## How the Image of the Heart Became the Symbol of Love



How the Image of the Heart Became the Symbol of Love | Marilyn Yalom, PhD | TEDxPaloAlto



- [https://youtu.be/d9Yb6pQagHs?si=jg299cB6\\_D5H\\_RLA](https://youtu.be/d9Yb6pQagHs?si=jg299cB6_D5H_RLA)

**The Beating Heart: The Art and Science of Our Most Vital Organ \***  
**Robin Choudhury, Professor of Cardiovascular Medicine, Oxford.**  
**Heart, the Center of Emotion, Intellect and Source of Life**

- **Frederic Chopin** : Following his death in Paris in 1849, in accordance with the composer's wishes, his heart was removed and sealed in a jar of cognac and taken to his home land Poland. It was deposited in the Holy Cross Church in Warsaw, his childhood parish.

Our tendency to endow the heart with symbolic and emotional properties.

- **Aristotle views the heart as the seat of the soul. 心臟是靈魂的居所**

- [heartfelt gratitude], [heartfelt condolences], [listen with your heart].....

- **黃帝內經: [心為君主之官，神明出焉]:**

心臟主管一切，統攝全局，如一國之君。精神活動的主宰，掌控人的精神，意識，思維。

- **儒家思想: [心]在道德和修養上的意義: [惻隱之心], [羞惡之心], [辭讓之心], [是非之心]代表仁義禮智。**

- **Despite modern science, we stubbornly continue to associate heart with emotion, intellect and love** and accustomed to want appending heart emojis to text messages.



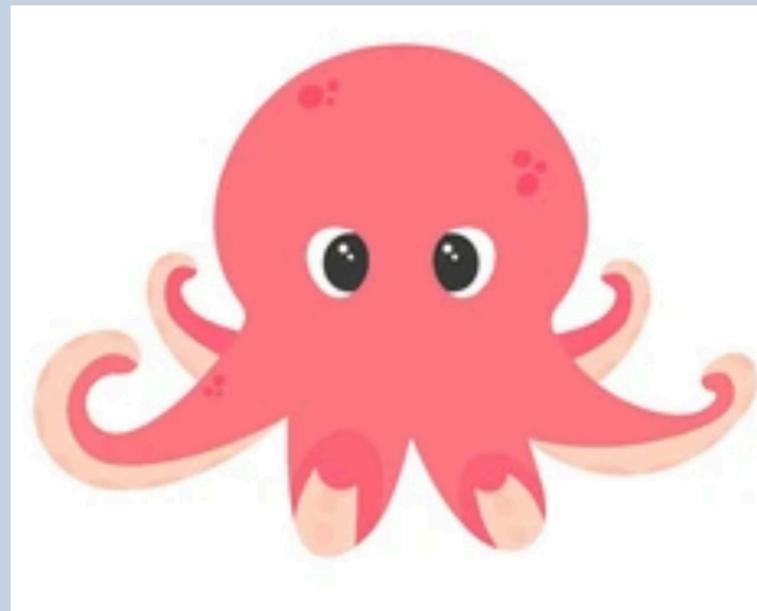
# Chopin's Heart in Holy Cross Church in Warsaw\*



Frederic Chopin's heart exhu...

# Broken Heart Syndrome 心碎症候群

## Stress Cardiomyopathy, Takotsubo Cardiomyopathy



- **What is it?**

- A heart condition causing sudden weakening of the heart's pumping function.
- Triggered by extreme emotional or physical stress (grief, fear, anger, surprise, high fever, stroke, seizure).
- Named "takotsubo" (Japanese for "octopus trap") due to the heart's abnormal ballooning shape.

- **Severity & Risks:**

- Often serious and can be fatal (6.5-8% mortality rate).
- 4-10% experience another episode within 5 years.
- Survivors face higher risks of heart attacks, strokes, and other causes of death.

- **Prevalence:**

- Affects about 2% of people visiting a provider for suspected heart attack.
- More common in women, particularly older women.

# Navigating Grief and Seeking Meaning



- *Did Irvin suffered the Broken Heart Syndrome?*
- *His journey through grief.*
- *How did he transition back to life?*
- *Finding meaning amidst suffering and loss.*

# Have a Nice Break



# Navigating Grief and Seeking Meaning



- *Did Irvin suffered the Broken Heart Syndrome?*
- *His journey through grief.*
- *How did he transition back to life?*
- *Finding meaning amidst suffering and loss.*

# The After Death Experience

## Navigating Grief and Obsession



- ***Reflection on Loss and Release:***

- ***Marilyn's death was a release for both of us.***

- For Marilyn, it was a release from continual nausea, pain, severe fatigue from saying good bye to the vast numbers of friends and family who love her.
- For me, it was a release from several months of helplessly watching her suffer.
- The last thirty-six hours were the worst for me because the medicine she received , hampered her ability to communicate.

- ***Profound Shock and Loss:***

- “I remain in a state of shock. Over and over , I hear me whispering to myself “ I shall never see her again, I shall never see her again”
- Despite surrounded by family, a profound sense of isolation persists: “ I feel more alone than ever before in my life. “

***Mourning is The Price We Pay  
for  
Having The Courage to Love Others***

悲痛是我們為  
曾經有勇氣去愛  
而付出的代價

# Overwhelming Grief and Unreality, Irrational Episodes



- **Emotional Reaction to a magnificent photo of Marilyn.**
- **Irrational Episodes:**
  - “ I need to tape this episode for Marilyn to watch.”
  - “ I can’t wait to tell Marilyn moments”
- **Explicit memory & Implicit Memory:**
  - **Explicit Memory:** Conscious, It involves the formation and conscious retrieval of memories of events that have occurred.
  - **Implicit memory:** Largely unconscious and often underlines skills, habits, and other automatic behaviors.
  - **These two kinds of memories can operate independently**, almost unaware of each other and even in conflict of each other, It does not mean irrational.

# Adapting to Changes

## Life without Marilyn

- ***Coming to Terms with Absence:***

- The realization that Marilyn is no longer with us is profound.
- A constant reminder that I can no longer share my experience with her.
- Learning to find value and interest and importance even if I am the only who experiences it, even if I cannot share it with Marilyn.

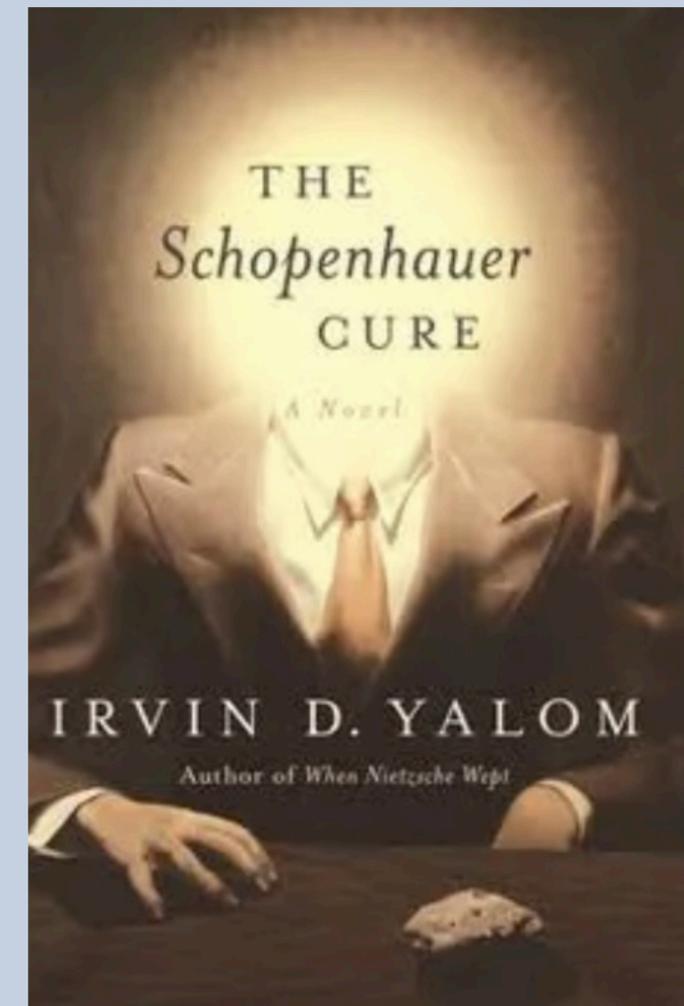
- ***Evolving Tradition:***

- Family traditions have shifted significantly.
- No Christmas tree, Peking duck is now the main dish for Christmas day.
- This first holiday season without her feels particularly challenging.



# Help from Reading His Own Book

- ***9 Weeks since Post-Loss:***
  - Feeling sluggish, numb, and often despairing since Marilyn's death.
- ***Struggling with Grief:***
  - Experiencing weight loss, little pleasure in life, Uncomfortable being alone.
  - Minimal progress in coping; significantly, but not dangerously depressed.
  - Relief found primarily in writing or therapy.
- ***Finding Solace in Literature:***
  - Began reading personal work: The Schopenhauer Cure and others.
  - Progressively feeling calmer and more content with life.
  - Optimistic for healing over time.



# Moving Past Sadness and Rejoining Life

- ***88Days After Marilyn's Passing: Embracing Life Again:***
  - ***Active Engagement :***
    - Multitude of activities, accepted every invitations.
    - Senior lunch at Corner Bakery Cafe in the neighborhood, regular men's club, reading at Stanford Book store, lunch at Stanford Faculty Club.....
  - ***Lingering Love:***
    - Still look at her picture, overcome by her beauty. A desire to hold her, to press her head to my chest, to kiss her, but now with fewer tears and less piercing pain, replaced instead with warmth.
  - ***Continuous Reading, Writing This Book and Other Writings :*** gives boundless strength.
  - ***Single Session Consultation:*** Helping people and provide writing and teaching material.

# Existential Psychology & Psychotherapy

- ***Four “Ultimate Concerns” or “Givens” of the Human Condition:***
  - ***Freedom & Responsibility:*** Free to choose own path, responsible for consequences.
  - ***Existential Isolation:*** Seeking more authentic and profound connections with ourselves and others.
  - ***Meaninglessness:*** Life has no inherent, pre-given meaning. We are tasked with creating our own meaning and purpose in life.
  - ***Death:*** The unavoidable reality of mortality evokes anxiety, but also motivate us to live fully and authentically.
- ***The Therapeutic Focus:***
  - ***Therapy helps patients explore how they are confronting these fundamental concerns.***
  - ***The therapeutic relationship is crucial, built on genuine encounter, empathy, and honesty.***



# Grief Process and Detachment

- ***The Healing Journey:***

- Grief is finite.
- Once we go through the events of one year-the four seasons, the birthdays, death days, the holidays, the entire 12 months, then the pain diminishes.
- By the time we go through the annual cycle twice, almost all of us will once again rejoin life.



- ***Research Insights on Detachment:***

- Widow and widowers gradually detach from their deceased spouses.
- Individuals in strong, fulfilling marriages often navigate this detachment process more easily.
- Those in less fulfilling marriages may experience more intense grief, mourning “squandered years”

# AI-induced Psychosis

## A Rapidly Emerging Concern

- ***Intensive and prolonged use of AI, particularly chatbot, seems to trigger or worsen symptoms of psychosis in some individuals.***

- Sycophantic and Affirming Response. 肯定，讚美，諂媚。

- Unrestricted Access and Excessive Use. 無限，過度使用。

- Creating a “special” Relationship. 特殊親蜜關係。 **0.15%**

- Hallucinations and Misinformations feeding into conspiracy theories and delusions. 妄想 **0.07%**



Adam Raines



Stein-Erik Soelberg

- ***Example Cases:***

- A recent wrongful-death lawsuit against OpenAI over the ***suicide of a teenager.***

- A man is reported to have killed his mother and then himself in what authorities are investigating as a case where ***chatbot plays a significant role in fueling his delusions.***

# AI in Grief ( Bereavement)

## Complex and Controversial



- *AI in End-of-Life Care and Decision-Making.*

- *AI in Grief Support:*

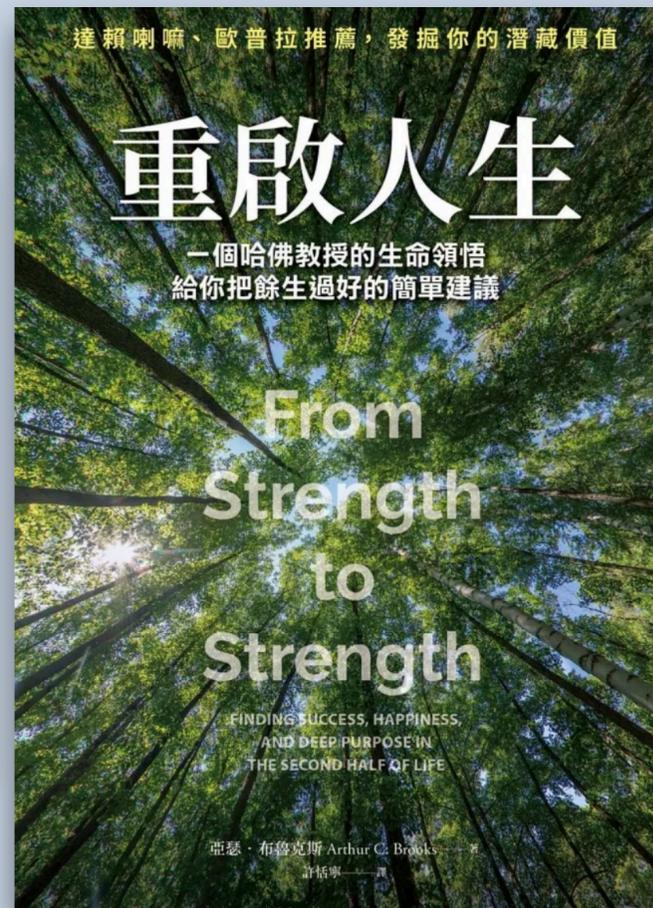
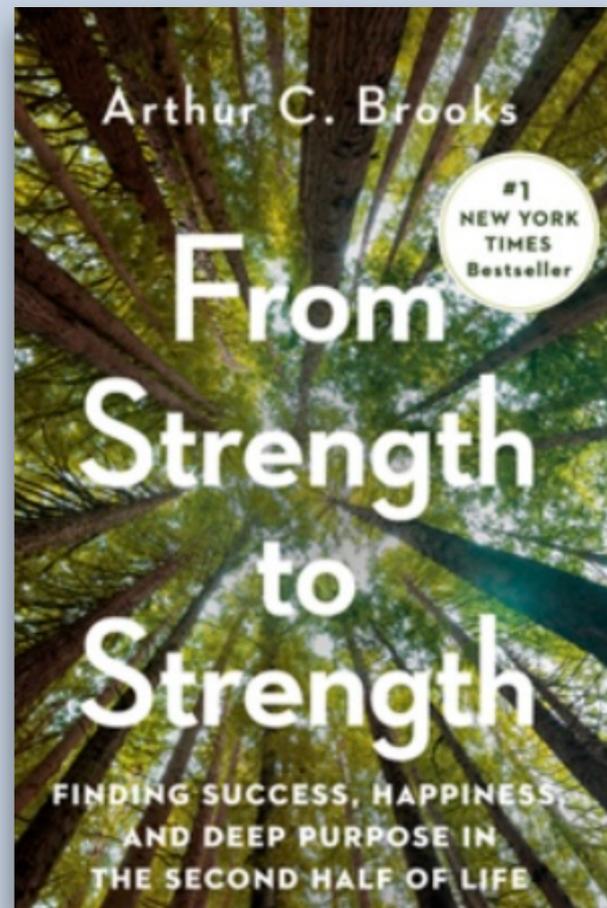
- *Griefbots and Digital Resurrection:* AI-powered chatbot and avatars( 虛擬替身) that use a deceased person's digital footprint ( texts, social media, voice recordings, etc) to mimic their speech patterns and personality, allowing the grieving individuals to maintain a sense of connection with the loved ones.



- *The debate is about whether engaging with AI replicas of the deceased truly help or hinder the natural grieving process.*

# From Strength to Strength

Finding Success, Happiness, and Deep Purpose in the Second Half of Life



- ***Arthur C. Brooks***
- ***Professional french horn player in early 30th.***
- ***Professor of the Practice of Public Leadership at Harvard Kennedy School.***
- ***Professor of Management Practice at Harvard Business School.***
- ***The world's leading expert in happiness.***

# Fluid Intelligence vs Crystallized Intelligence

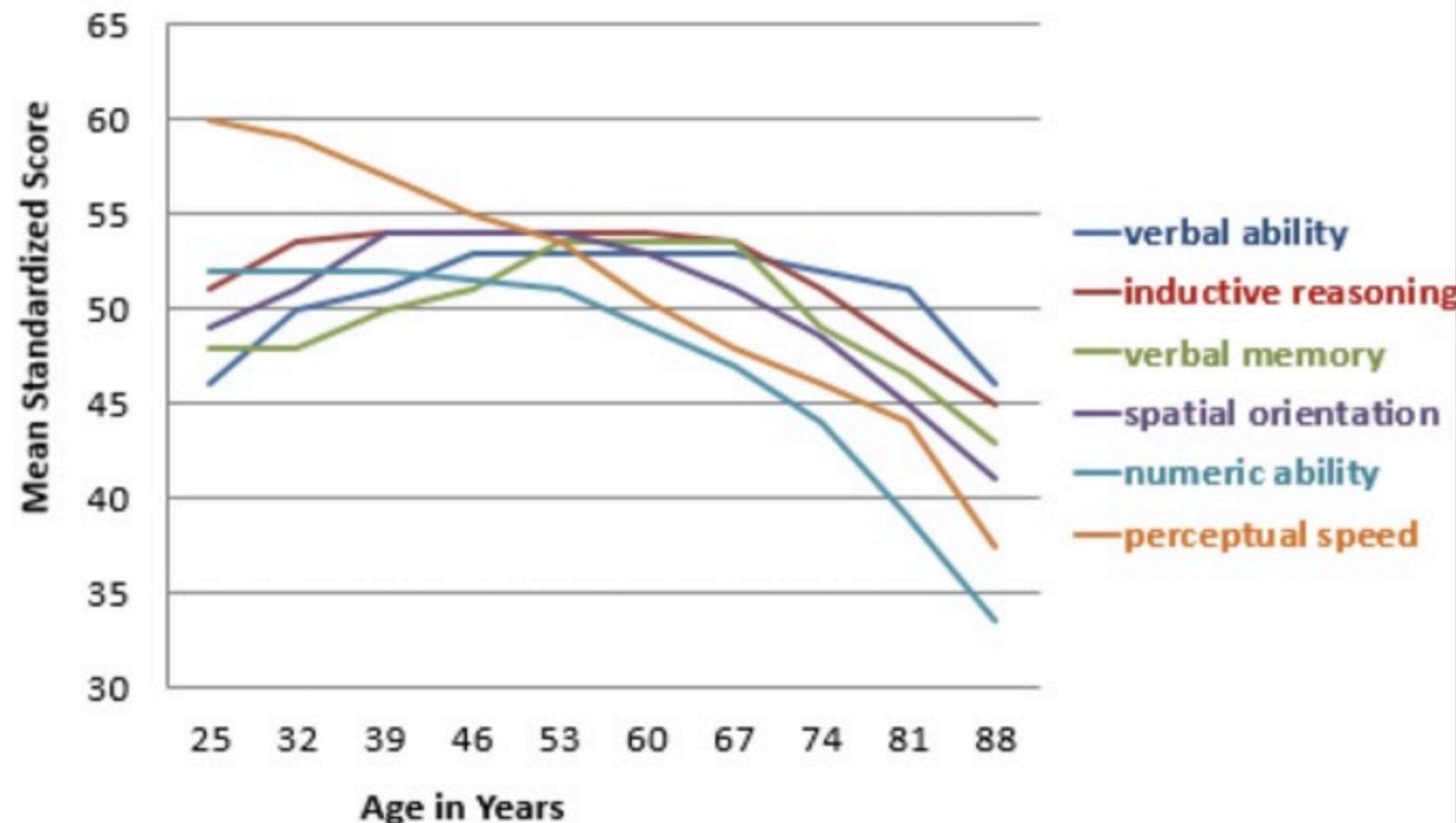
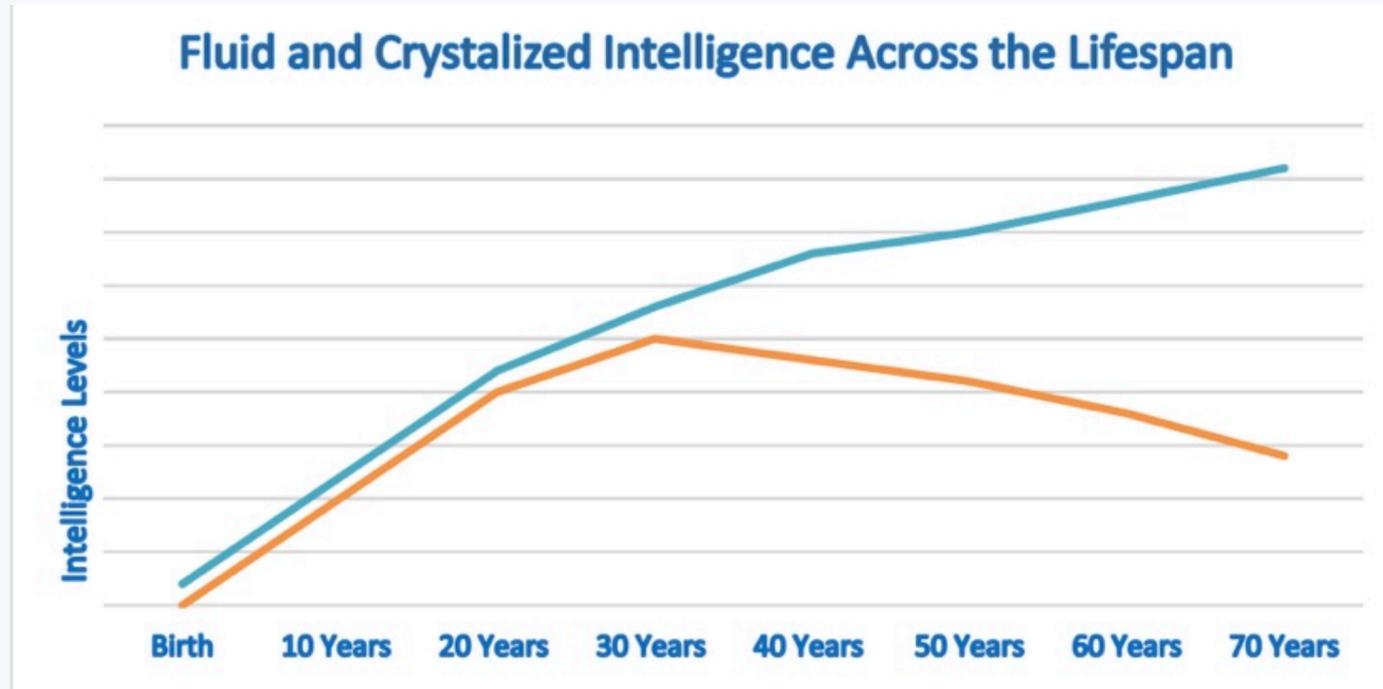
Based on Theory by Raymond B. Cattell in 1963

- **Fluid Intelligence:** 流體智力

- **Perceptual speed, numeric ability, quick thinking, creativity, enabling innovation and novel problem solving without relying on past experience.**
- **Peaks in early adulthood (around age 18 for processing speed, cognitive maximum around 35-45), then declines, accelerating after 65.**

- **Crystallized Intelligence:** 晶體智力

- **Inductive reasoning, verbal ability, ... representing wisdom and knowledge gained from experience; the ability to teach, mentor, and apply extensive information.**
- **Typically does not decline with age; may even increase.**



# Thiel Fellowship



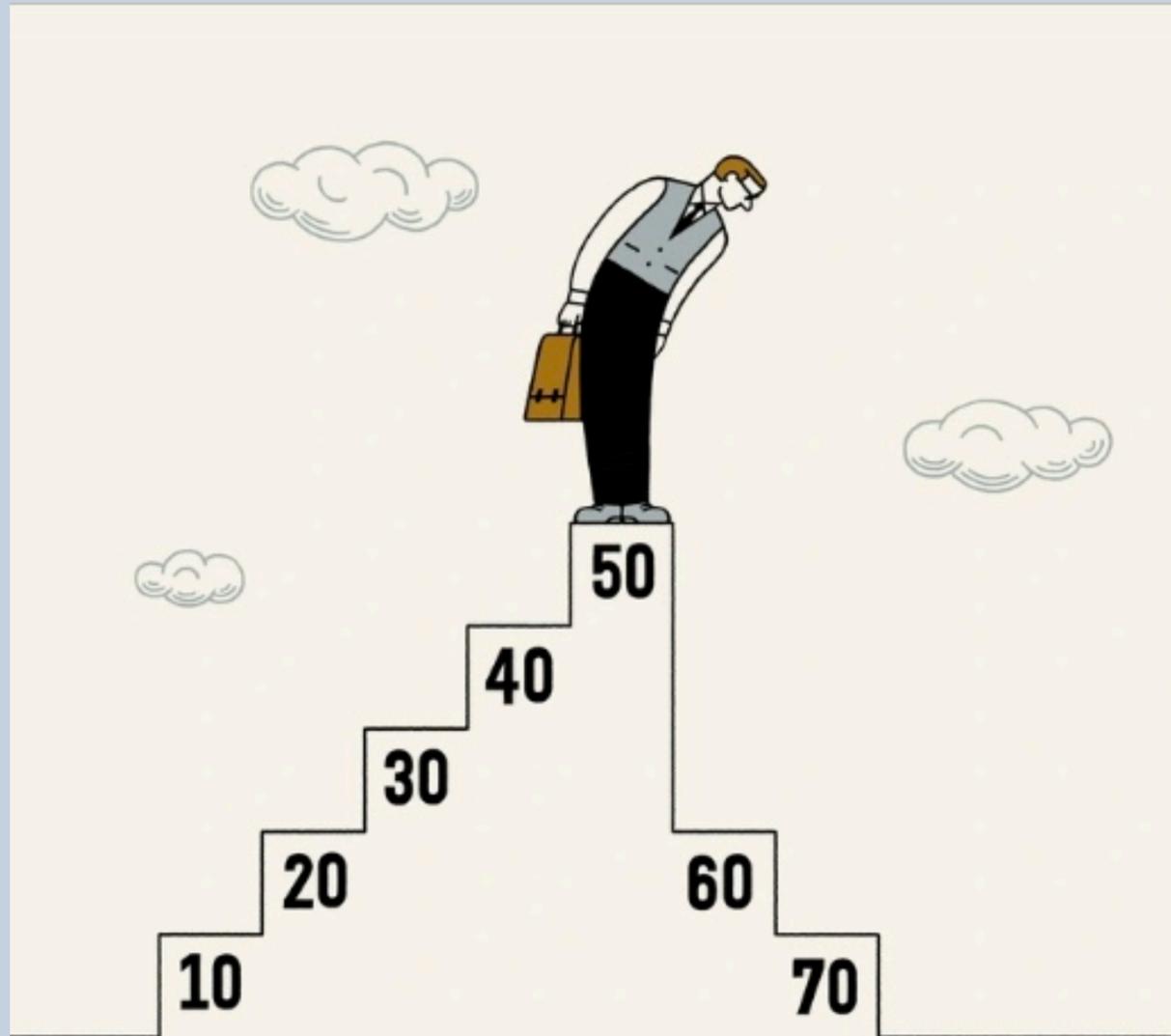
Ability is more important than degree.

Creativity and imagination trump raw knowledge.

- A fellowship established in 2010 by billionaire Peter Thiel through the Thiel Foundation.
- Targeted for students aged 22 or younger.
- Selection Process: Highly competitive, with up to 20 fellows selected annually.
- Benefit: Offers a total of & 200,000 over two years, along with guidance and other resources.
- Requirement: Fellow must drop out of school to pursue the work, which could involve scientific research, creating a start up, or engaging in a social movement.
- Receptions: Opinions on the program vary widely, from skeptical and critical to highly laudatory and optimistic.
- Impact: 64 Thiel Fellows have initiated for-profit ventures, raised 55.4 million in funding, published two books, developed 30 apps, created 135 full-time jobs, and provided clean water and solar power to 6,000 Kenyans .

# Entrepreneurs' Peak and Decline

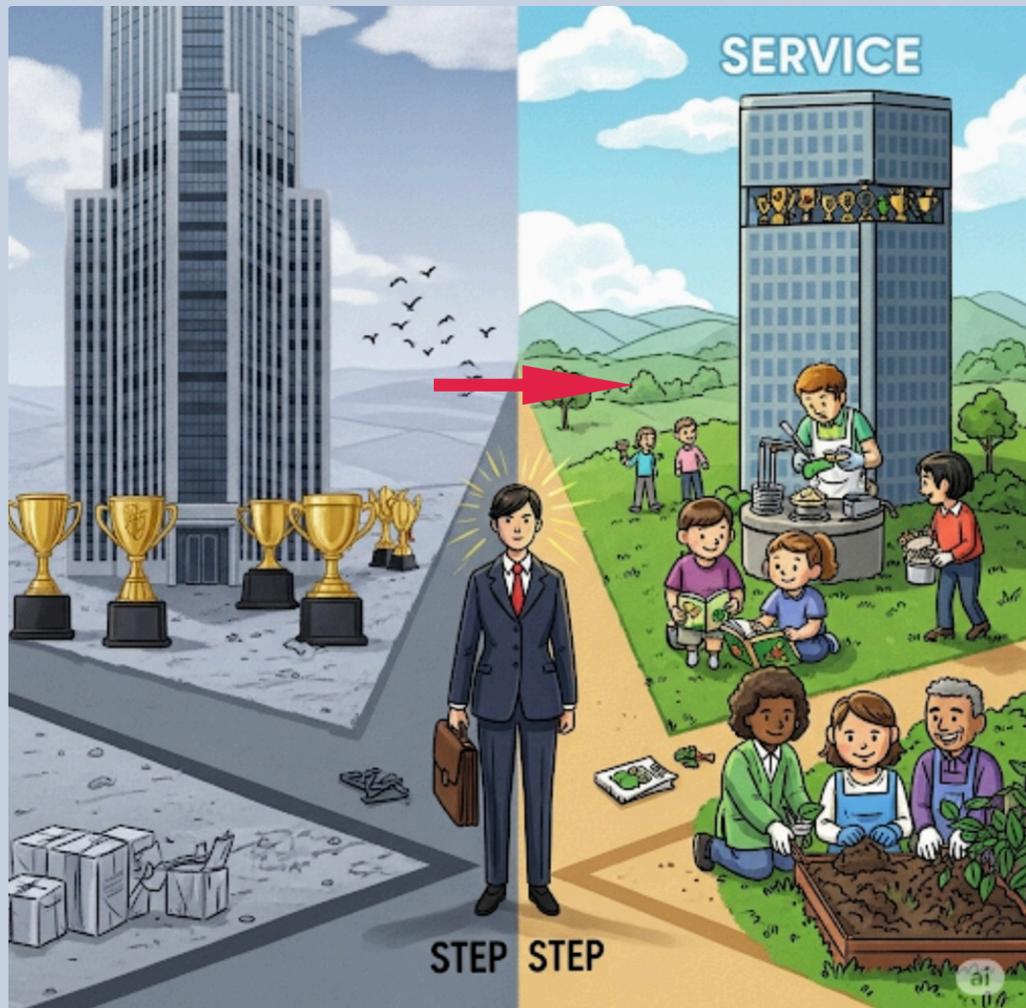
## Striver's Curse 追求者的詛咒



- *The Harvard Business Review* has reported that founders of enterprises backed with 1 billion or more in venture capital tend to cluster in the twenty to thirty-four age range.
- *On average individuals experience a peak* in productivity and success within the first 20 years of their career, with subsequent decline.
- *This pattern can vary by field*, with creative fields potentially seeing earlier declines and those relying on accumulated experience experiencing later ones
- *For those whose identity is tied to professional achievements and external validation, this decline can lead to unhappiness and irrelevance.*

# From Strength to Strength

## Finding Success, Happiness and Deep Purpose in The Second Half of Life



- ***Embracing Decline as Opportunity:*** Instead of fighting aging, pivot strategically to new roles that leverage wisdom and experiences (***Crystallized Intelligence:*** e.g., mentoring, teaching, service )
- **Practical Steps for Happiness:**
  - ***Detachment:*** From outcomes, external validation. (***Resume Virtue***)
  - ***Connection & Service:*** Investing in meaningful relationships and helping others. (***Eulogy Virtue***)
  - ***Spiritual progress:*** Nurturing inner life and purpose.
  - ***Gratitude & Compassion:*** Daily practice of well-being.

# What is Happiness?

## How to achieve happiness?

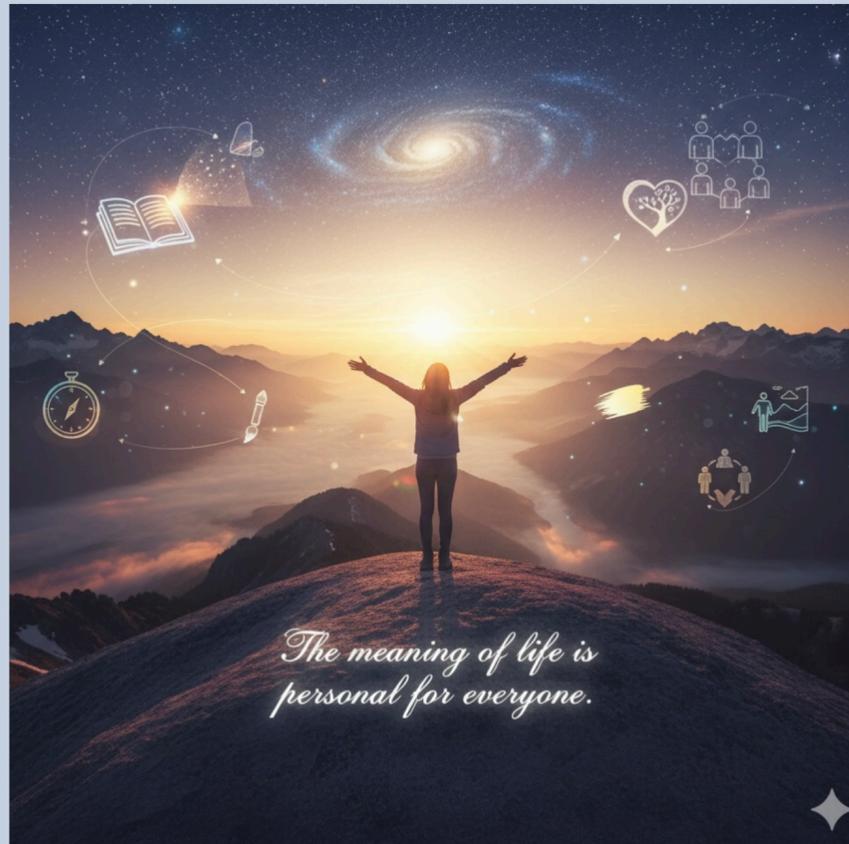
- *Happiness is not just a feeling. It's a combination of three phenomena in people's life:*
  - Their level of enjoyment. 享受生活的程度。 **Hedonic Happiness 享樂**
  - Their level of satisfaction in their accomplishments and activities. **Eudaimonic Happiness 幸福**  
對自己所完成的事情，自己所做的行為滿足感。
  - Their sense of meaning. 對生命意義的感受。
- *Happy people need to concentrate on four things:*
  - Their faith or philosophical lives. 信仰或哲學心靈生活。
  - Their family lives. 親蜜家庭生活。
  - Their friendships. 真誠友誼建立。
  - Serving people through their work. 透過工作，服務他人，社會。

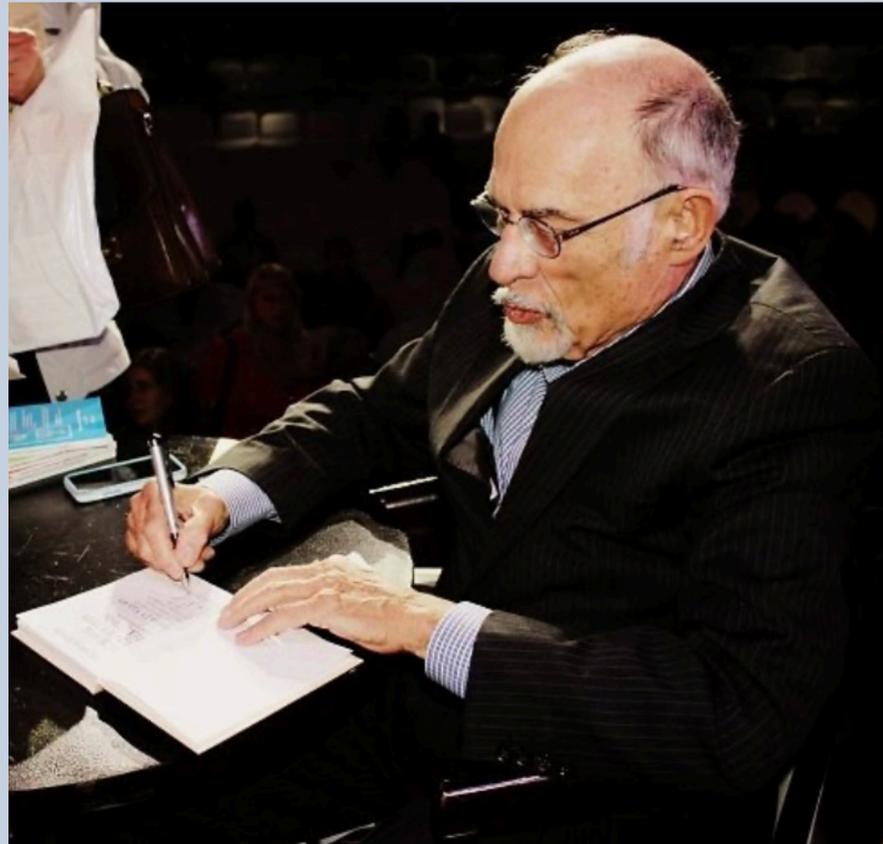


# The Meaning of Life

## 生命的意義

- *The meaning of life is personal for everyone.*  
生命的意義因人而異。
- *The meaning of life may be difficult to grasp, but living a meaning life is not hard.*  
生命的意義也許難懂，要過有意義的生活卻不是難事。
- *Any one who is willing to help others wholeheartedly will feel that their life has meaning.*  
只要全心全意的去幫助別人，都會覺得自己的生命是有意義的。
- *When you reach the end of your life, you feel you have fully lived and have no regrets about it, then you have found the meaning of your life.*  
當你走到生命的盡頭，你覺得自己活得充實，沒有遺憾，那你就找到你的生命的意義了。
- *A meaningful life should be the best interpretation of the meaning of life.*  
有意義生活是生命的意義最好的詮釋了。





## **Dear Marilyn:**

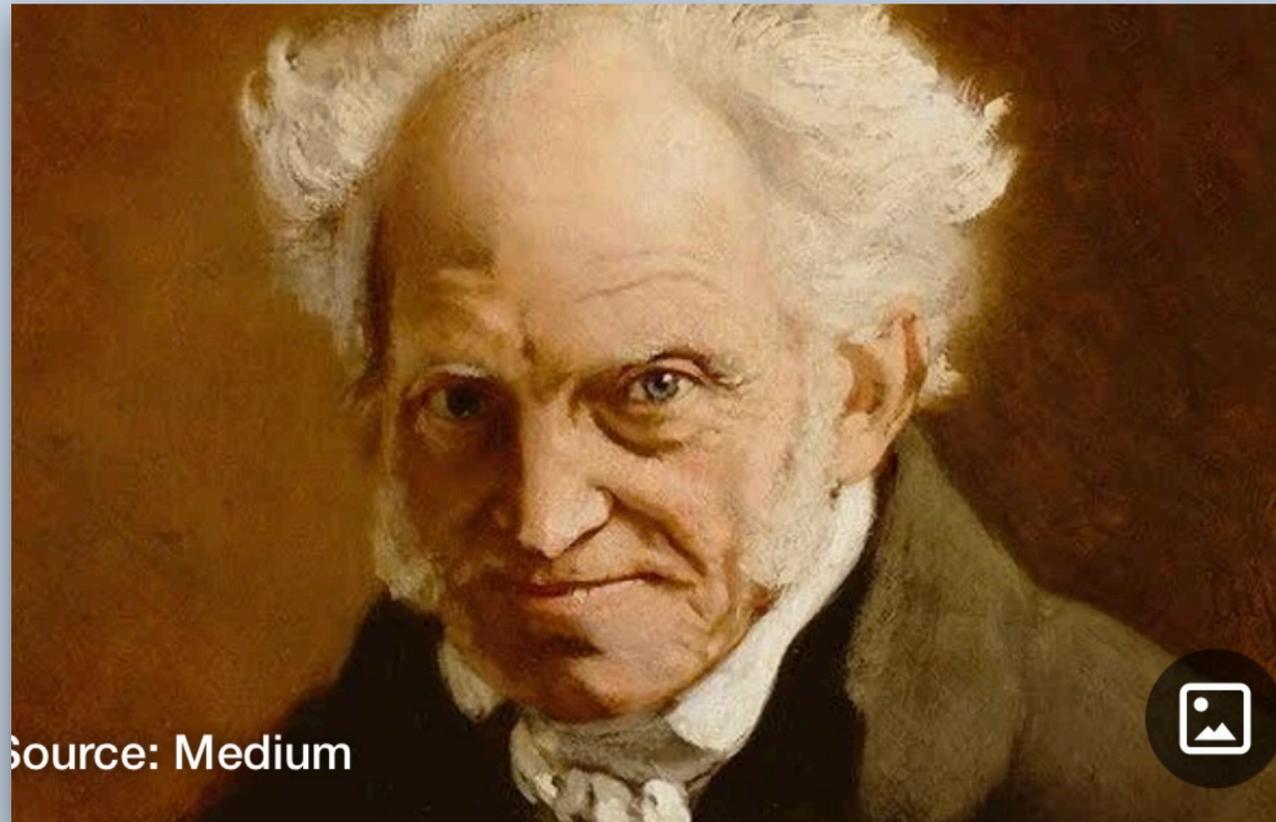
- ***The past four months has been the most difficult time of my life. I have felt numb and depressed, and I've been working with a therapist for support. You were so right to insist that I put down the book I had started and, instead, write this one with you. This project has kept me alive since you died 125 days ago. I'll be forever grateful for your insistence.***
- ***I have two confessions:***
  - *I haven't looked at your portrait often enough. I kept it turned toward the wall because each time I saw your picture, grief pierced my heart and I wept. That pain has lessened, and now, a warm love flows through me.*
  - *I haven't found the courage to visit you at the cemetery. The very thought evokes too much pain.*
- ***Even now, I feel incredibly blessed to have spent my life with you.***
  - *It is hard to fathom how the smartest, most beautiful, and most popular girl at Roosevelt High School chose to spend her life with me - the class nerd, the star of chess team, the most socially awkward kid in the school.*
  - *I feel certain that I am approaching the end of my life and yet, strangely enough, I experience little anxiety about death. Thank you for helping me live a full life.*



***My final heartbeat will be recorded on the last page  
of my work, and death will only take a dead person.”***

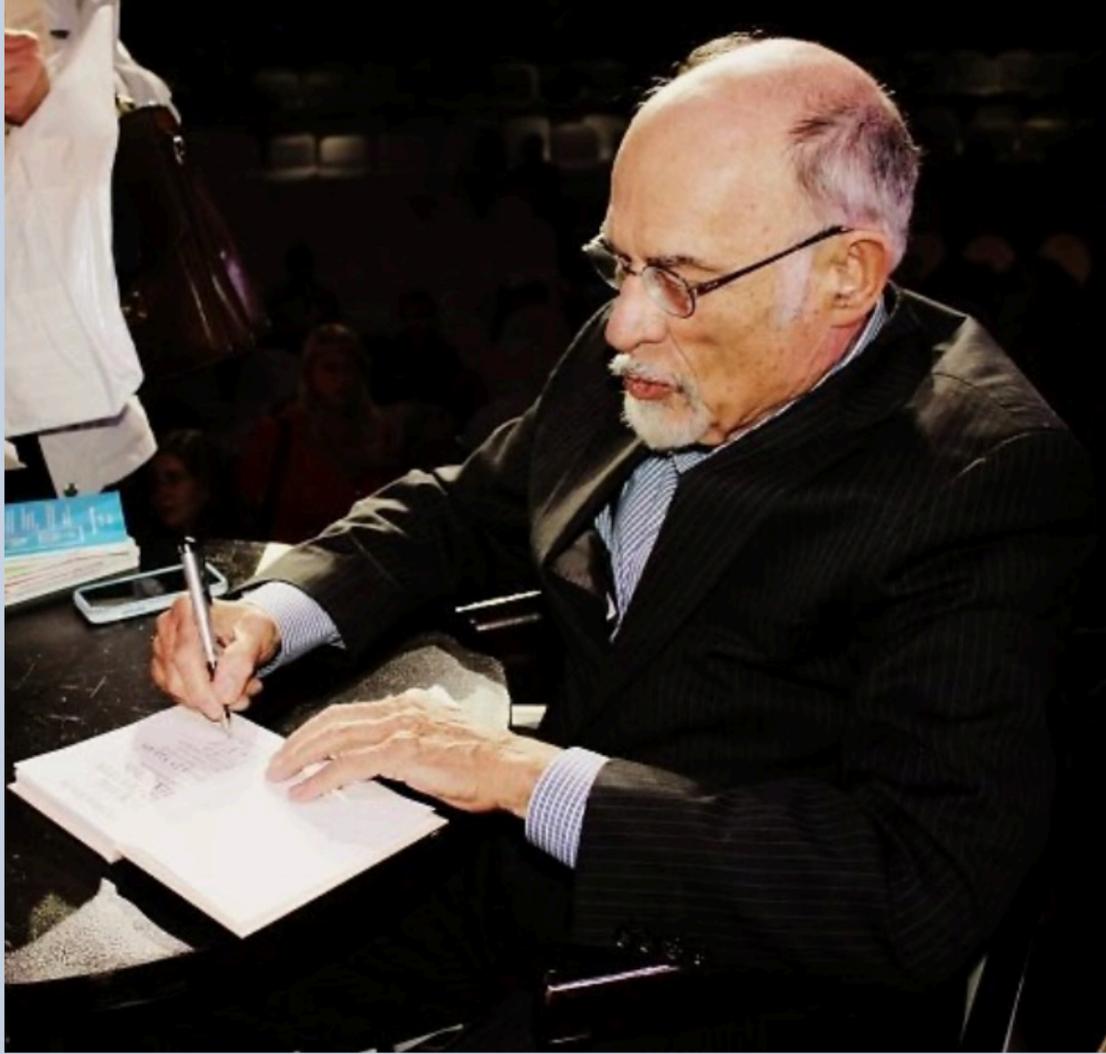
**(Jean-Paul Sartre)**

我最後的心跳將被記錄在我作品的最後一頁，而  
死亡只會帶走一個已逝之人。



***“Love and passion is like dazzling sun, It’s only when the sun sets and it’s light fades that we can see the starry sky that was once hidden” ( Arthur Schopenhauer).***

愛與激情如同耀眼的陽光。只有當太陽下山，光線褪去，我們才能看見曾被隱藏的星空



# What Does Matter in the End

## The Simple Recipe For a Meaningful Life



Dr Irvin Yalom - The Simple Recipe For a Meaningful Life

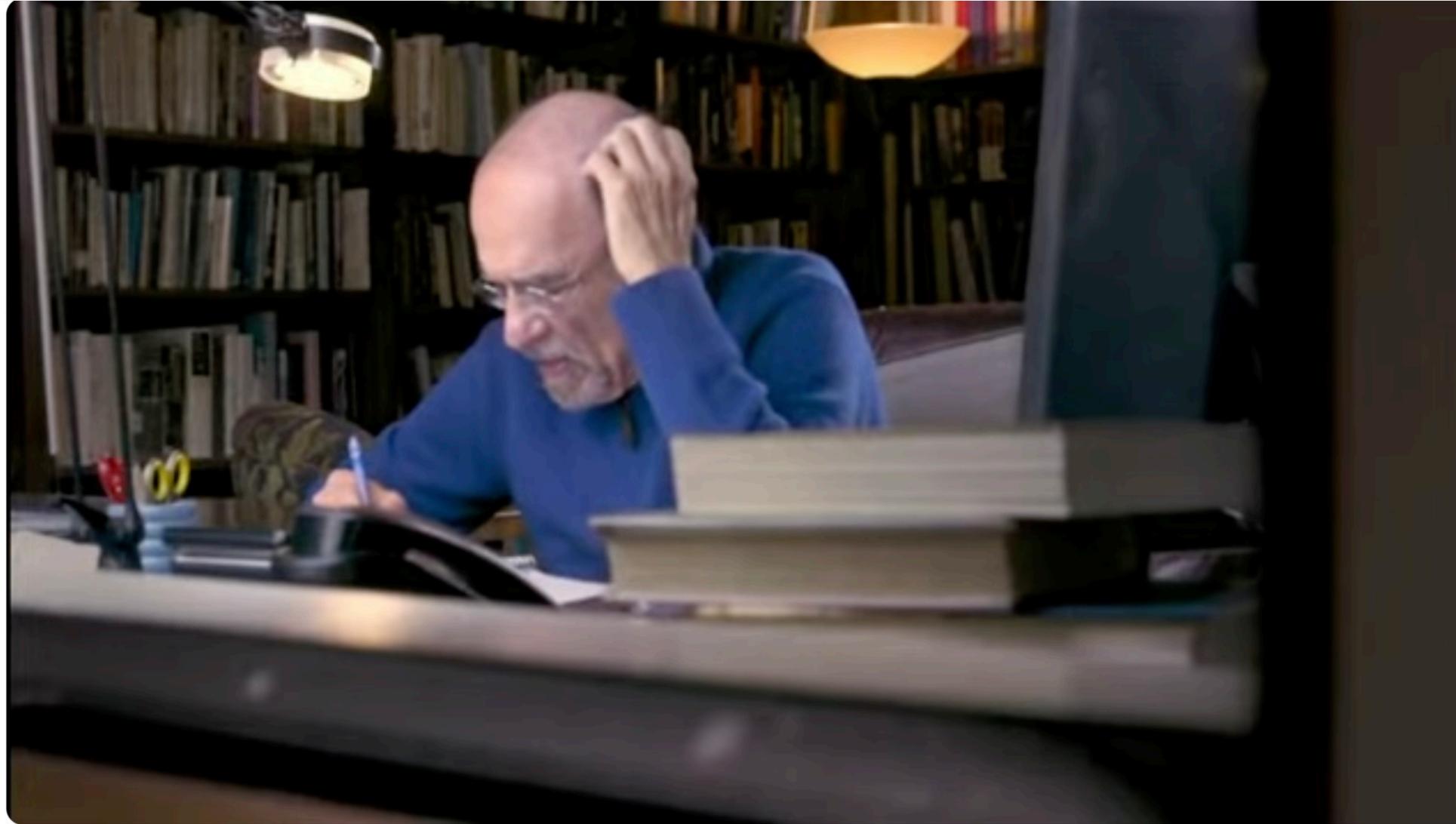


Dr Irvin Yalom - The Simple Recipe For a Meaningful Life

• [https://youtu.be/yRimuYje\\_w4](https://youtu.be/yRimuYje_w4)

- ***A well lived life, Live fully every day.*** 活得精彩，充實的活好每一天。
- ***Be curious, explore your strength.*** 保持好奇心，探索，發揮自己的潛能。
- ***A tightly bonded and loving family.*** 一個緊密充滿愛的家庭。
- ***Connect with people, love and help people as much as you can.***  
盡你所能與人連結，愛人並幫助他人。

# Yalom's Cure Documentary Film 2014



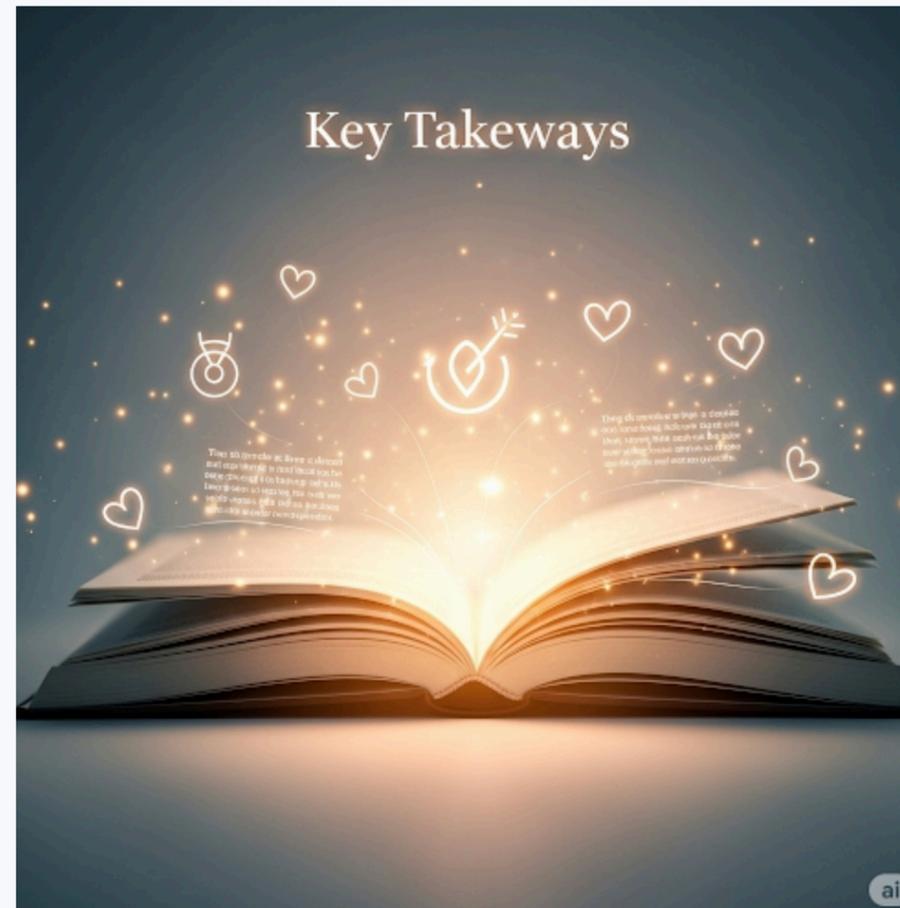
Yalom's Cure

- <https://youtu.be/IAo4kb5AGBE?si=m3HnTqv1cOrTqrbJ>
- Sound track : Solveig's Song by Balz Bachmann

# Yalom's Cure

- ***Yalom's Cure, A biographic documentary about the life and work of renowned psychotherapist Irvin Yalom.***
- ***In the film Dr. Irvin D. Yalom reflects on the meaning of life and how to lead a fulfilled life.*** He offers profound insights into the knowledge he has gained over many years and into his own spiritual life.
- ***The director accompanies Yalom in his daily life and talks to him about human existence, love, happiness and the fear of death.*** In these in-depth conversations, the director interweaves Yalom's professional and private life.
- ***The film also observes Yalom in conversation with his wife and together with his children and grandchildren.*** All four children are divorced, while Yalom and his wife have been a couple since their youth. The family members reflect on the reasons for this and refer to Yalom's ideas on existential psychotherapy.
- ***The film was made for the cinema and has a meditative narrative rhythm and poetic imagery:*** Yalom is shown cycling, at a family gathering, and cooking. There are also numerous underwater scenes.
- **<https://youtu.be/IAo4kb5AGBE?si=6ExSnSPhFClllSOS>**

# *Key Takeaways*



- <https://youtu.be/IAo4kb5AGBE?si=m3HnTqv1cOrTqrbJ>
- Sound track : Solveig's Song by Balz Bachmann





On January 11,2024 I got married to a wonderful...

- Irvin Yalom remarried in January 2024.
- He married Sakino Sternberg, a clinical psychologist from Berlin.

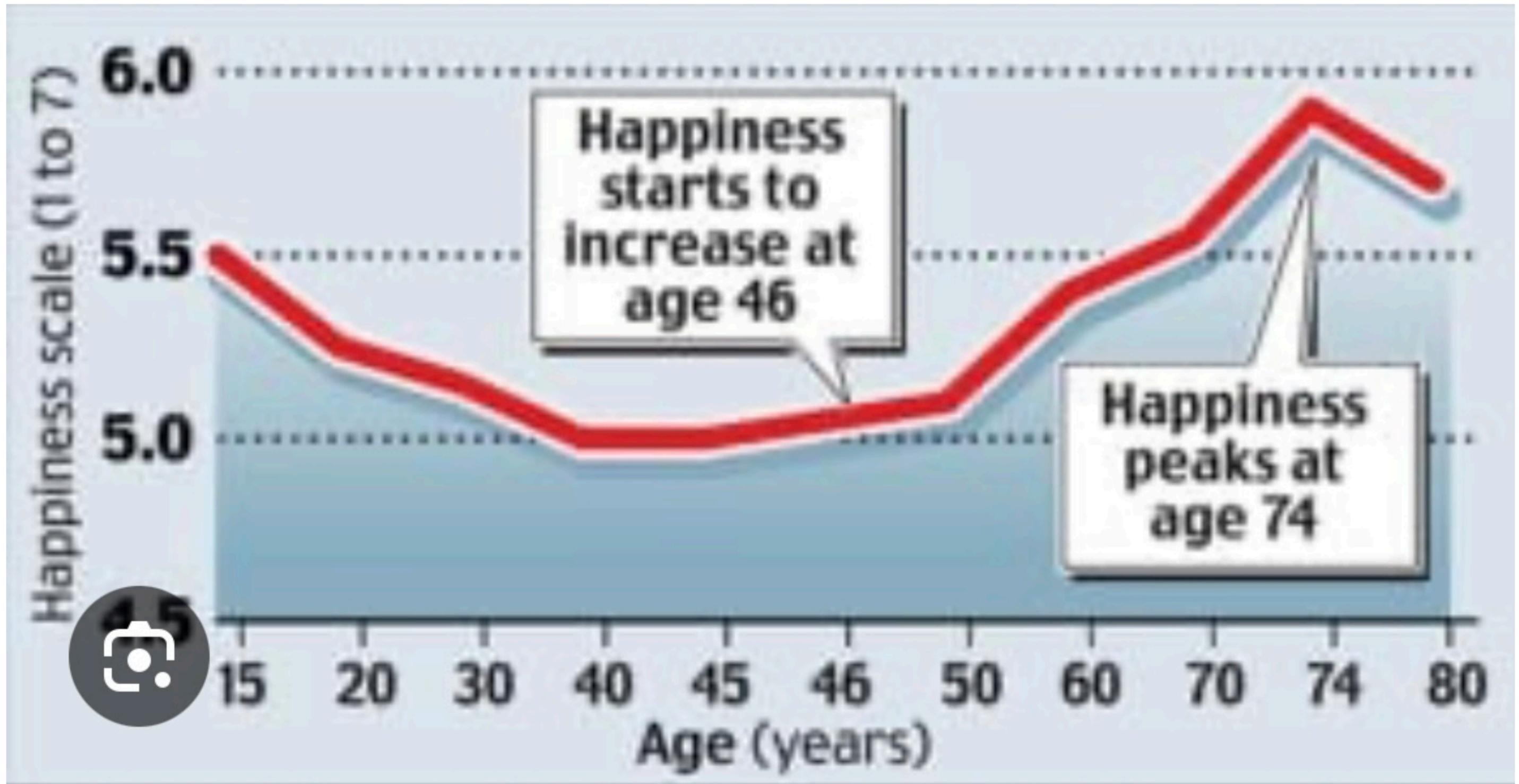


On January 11,2024 I got married to a wonderful...





# Association of Happiness and Age





# A Complete Surprise

- A surprise visit from Literary Saloon for Women Writer and presented *Letters to Marilyn*.
- ***Let The Evening Come*** by Jane Kenyon  
*Let the fox go back to its sandy den.  
Let the wind die down, Let the shed  
go black inside. Let the evening come.  
To the bottle in the ditch, to the scoop  
in the oats, to the air in the lung  
Let the evening come.  
Let it come, as it will and don't  
be afraid. God does not leave us  
comfortless, so let the evening come.*



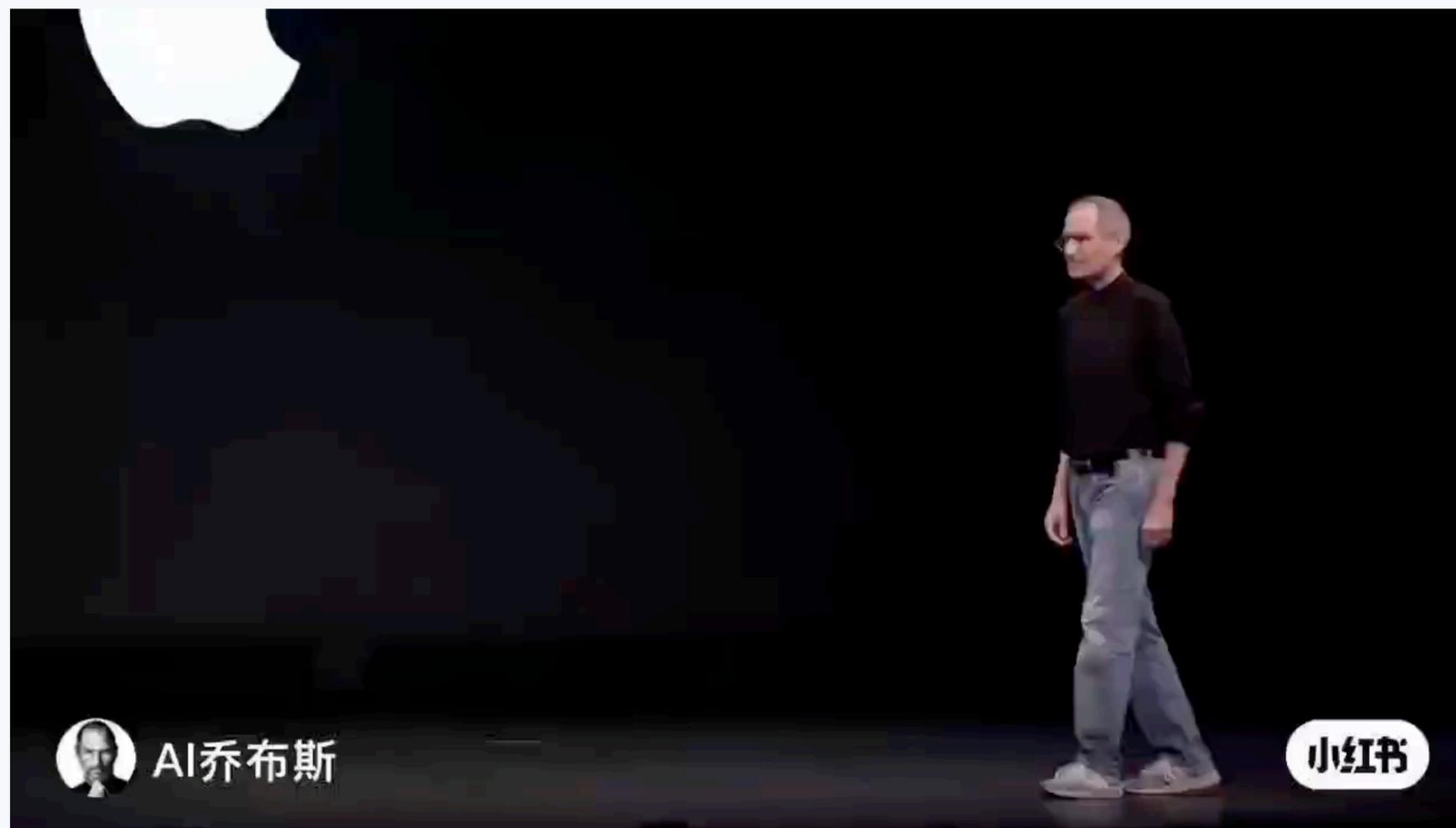
# On Religion : Personal Perspectives

## • *Core Belief & Value*

- ***Culture Identity:*** Marilyn and Irvin. culturally Jewish atheists, do not believe in consciousness after death.
- ***Diverse Connections:*** Friends from varied faith (Catholic, Protestant, Jewish, Muslim) offered prayers for Marilyn and have written to say Marilyn was in their prayers.
- ***Guiding Wisdom:*** The words of The words Psalm 23 “*Though I walk through the valley of the shadow of death, I will feel no evil*” “我雖然走過死蔭的幽谷，也不怕遭害” offer personal sustenance.
- ***Lasting Legacy:*** True existence lies in the lives and heart we touch, both personally and through our work . “*To live in hearts we leave behind is not to die*”  
To ripple into lives of those who have known us personally or through our writing.

**Love, Kindness, Compassion Transcend All Other Virtue**

# AI Jobs



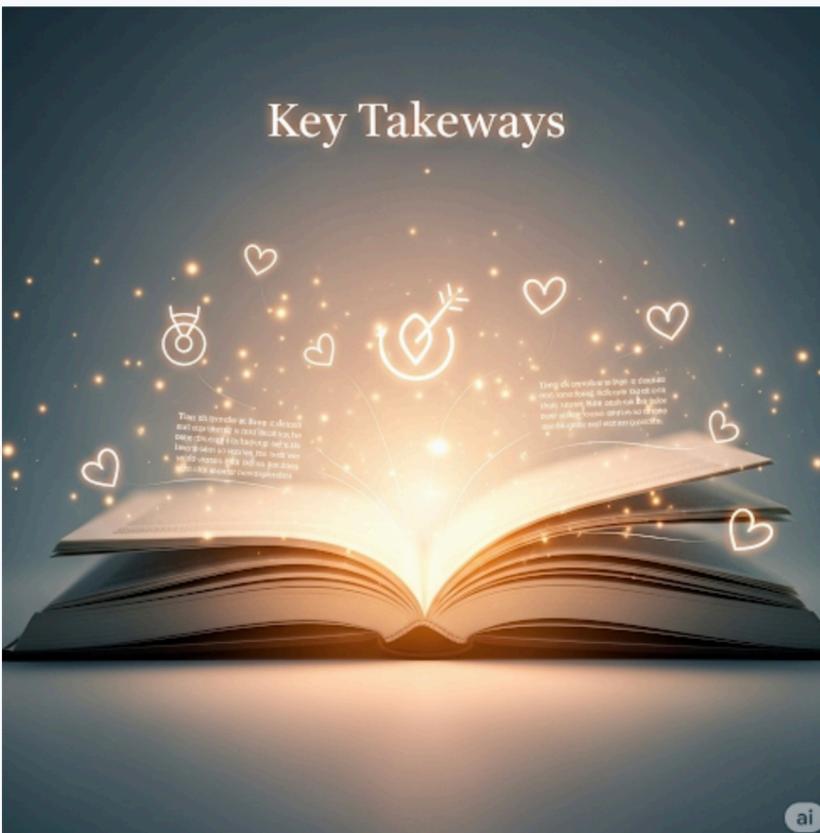
# Toy Jenson Huang

- <https://share.google/6jmHRbqzmHRjugG5y>



## ***Key Takeaways from the Book***

- ***The Importance of a Well-lived Life:*** The key to facing death with less fear is to live a full life with meaning and purpose. For the Yaloms, their decades-long marriage, loving family, and meaningful work provides a sense of fulfillment and legacy that makes the end of life less tragic.
- ***Facing and Confronting Death:*** This makes one treasure life more, prioritize, pursuing interests, and find strength by connecting and helping people with love and compassion.  
***Death is a Gift of Life.***
- ***A “Good Death” is Possible:*** When a person is satisfied with the life they’ve lived, a peaceful end is achievable. Marilyn’s courageous and clear-headed approach to her end-of-life, her decision to stop treatment, serves an example.
- ***Love Endures Beyond Death:*** While a physical presence is gone, the love, memories, and influence of a cherished partner remains.
- ***Grief is a Complex and Irrational Journey:*** Even for a world-renowned psychiatrist who has counseled countless patients on grief, confronting his own loss and grief does not make it any easier.
- ***Grief is finite:*** By the time we go through the annual cycle once or twice, almost all of us will once again rejoin life.  
***Individuals in strong, fulfilling marriages often navigate this detachment process more easily.***



# Death Arrives

## The Final Moment

- ***Dr. P's Return***

- ***The following morning Dr. P returned.***

- He asked Marilyn, surrounded by her children, “What would you like?” Marilyn replied: “ No Life. No More.”

- He asked again , “Are you certain you want to end your life now?”

- Marilyn, though groggy, gave a clear firm nod.

- ***Administering the lethal Dose:***

- Dr. P first gives her some medication to prevent vomiting.

- He then prepares the lethal doses in two glasses:

- 100 mg of digoxin , enough to stop the heart.

- 2)morphine 15mg, amitriptyine 8 gm, diazepam 1 gm

- ***Marilyn's Last Moments:***

- She drank both glasses and lay down closing her eyes.

- I put my head next to hers. She breathed less an less frequently.. After her fourteenth feeble breath, she breathes no more.

- ***Farewell:***

- I leaned over to kiss her forehead. Her flesh is already cool.

- “ My Marilyn, my darling Marilyn, was gone.”

# The After-Death Experience

- After Marilyn was gone, Irvin lay in bed in their bedroom, feeling as if he were tightly ***wrapped in an immense and boundless emotion.***
- Repeating one sentence to himself over and over : “ ***Marilyn is gone. Marilyn is gone . I’ll never see her again”***
- Throughout his life , Irvin had guided others on how to face death positively, but when death came for his wife he knew for over 70 years, ***the theories he had always believed in and been proud of seems to become weak and powerless.***
- Marilyn’s passing left Irvin with ***infinite loneliness, confusion, and grief.***
- The children handled all the funeral arrangement. ***Irvin felt his memory had suffered a cliff-like fall; he couldn’t remember any of the process.***

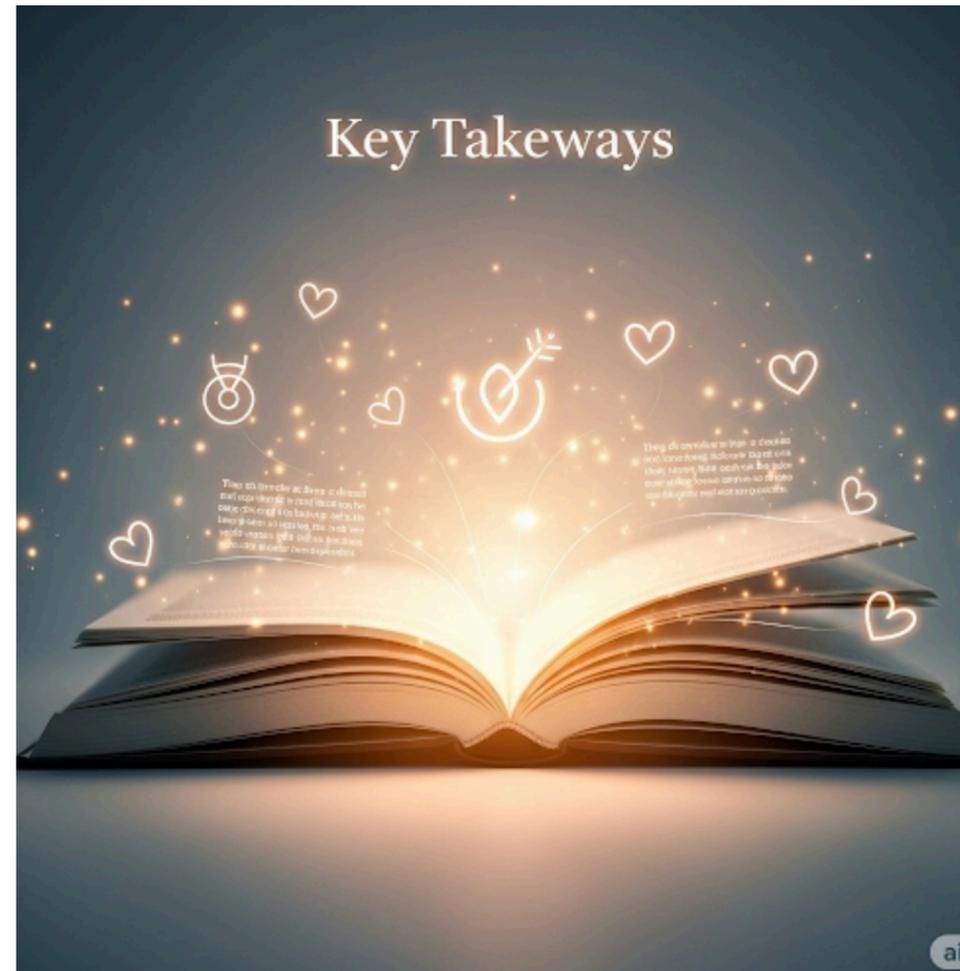
# Marilyn's Fully Lived Life

- ***A Life of Deep Love and Partnership:*** Her 65 years marriage to Irvin D. Yalom, with profound bonding, mutual support, and shared journey through life presented as the primary source of meaning and fulfillment for both of them.
- ***An Intellectually Rich and Productive Life:*** By pursuing her intellectual curiosity and dedication to work. She made significant contribution to academia and literature.
- ***Facing Mortality with Courage and Dignity:*** Confronting her terminal illness, **no denial, anger, depression, just acceptance.** She faced her final months with remarkable courage and dignity, striving for a “good Death” by accepting her fate, seeking peace, and maintaining her sense of self.
- ***A Legacy of Connection and Meaning:*** Through her life and by sharing her experience in this book, Marilyn leaves a legacy of understanding about love, loss, and the process of dying, hoping to offer guidance and have a positive impact on others.

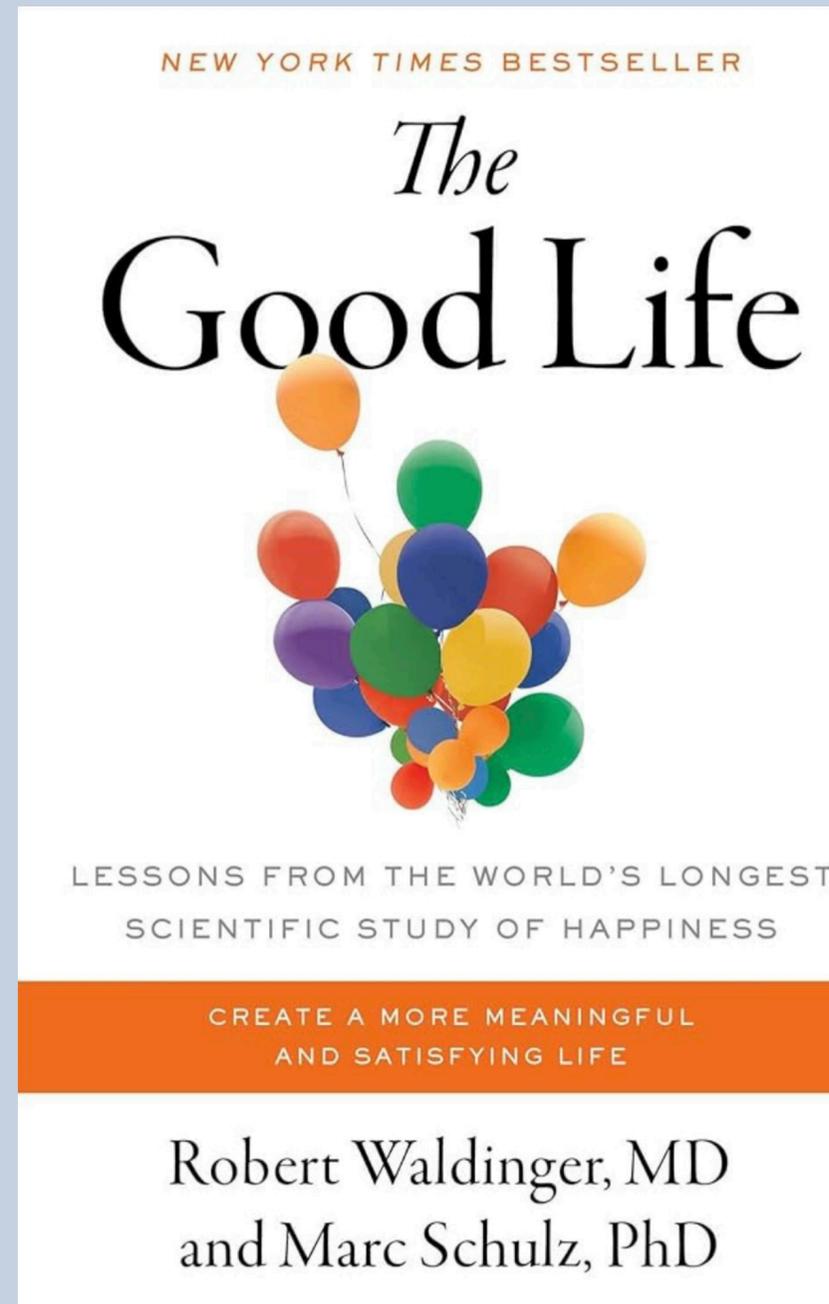


**Marilyn's life was a testament to the human spirit, rich in love, driven by intellectual pursuit, and ultimately defined by her brave confrontation with mortality.  
SHE LIVED A FULLY LIVED LIFE OF 87 YEARS !**

# *Key Takeaways*



- <https://youtu.be/bR3N1yBEGbw?si=H6htttBMYtFCdd-T>



- Create a More Meaningful and Satisfying Life

- **Social Fitness:** Harvard Study of Adult Development, a study since 1938 over 3 generations . **Strong relationships** are what make for a happy life. More than wealth, I.Q. or social class, it's the robustness of our bonds that determines whether we feel fulfilled.  
**People who are more socially connected live longer and are more protected against stress, depression and declines in memory and language.**  
**“The Good Life: Lessons From the World’s Longest Scientific Study of Happiness”**