Learn how to live and you'll know how to die; learn how to die, and you'll know how to live. --Morrie Schwartz

**Tuesdays With Morrie**

"Morrie Schwartz who was a favorite college professor of mine back at Brandeis University in Boston. He and I were very close. I took every class he offered over four years. When I graduated, I lost touch with him for sixteen years until one night I happened to catch the Nightline program and I saw Morrie talking to Ted Koppel about what it is like to die. That's the first I learned that Morrie had ALS, Lou Gehrig's Disease, and had only a few months to live. I called him the next day, flew out to visit him, and began a series of Tuesday visits every week for the last five months of his life. Each Tuesday we talked all day about what's important in life once you know you're going to die. In a sense, this was our last "class" together. The lessons I learned are the essence of my book, "Tuesdays With Morrie"." So begins this compelling interview with best-selling author Mitch Albom.

**Be The Change:**

Spend time this week with an elder who has helped shape your life.