



daily GOOD

To make others less happy is a crime. To make ourselves unhappy is where all crime starts. We must try to contribute joy to the world. That is true no matter what our problems, our health, our circumstances. We must try. I didn't always know this and am happy I lived long enough to find it out. --Roger Ebert

Roger Ebert Goes Gently Into That Good Night

Celebrated film critic Roger Ebert passed away yesterday from cancer. In 2009, he'd shared a beautiful reflection on his own mortality, called 'Go Gently Into That Good Night:' "I know it is coming, and I do not fear it, because I believe there is nothing on the other side of death to fear. I hope to be spared as much pain as possible on the approach path. I was perfectly content before I was born, and I think of death as the same state. What I am grateful for is the gift of intelligence, and for life, love, wonder, and laughter. You can't say it wasn't interesting. My lifetime's memories are what I have brought home from the trip."

Be The Change:

"Death is the key to the door of life." Renowned psychiatrist Elizabeth Kubler Ross shares further.