



“It’s only when we truly know and understand that we have a limited time on earth - and that we have no way of knowing when our time is up, we will then begin to live each day to the fullest, as if it was the only one we had.”

(Dr Elisabeth Kubler Ross, 1926-2004, psychiatrist, humanitarian, teacher, author, and pioneer of bereavement and hospice care. With acknowledgements to www.ekrfoundation.org and www.elisabethkublerross.com.)