

**Chapter 1 : Ben's sermon: The significant life**

*"In A Significant Life, May has produced a tour de calendrierdelascience.com is a thoughtful, subtle, beautifully written discussion of what it takes to live a meaningful life. A careful study of this book will tell you what it takes to make life worth living.*

It is a thoughtful, subtle, beautifully written discussion of what it takes to live a meaningful life. A careful study of this book will tell you what it takes to make life worth living. It is refreshing to encounter someone worrying about such a big question in the small-minded times we live in, and an absolute joy to discover that he may actually have provided an answer. *Why More Is Less*" In this eloquent and inspiring book, May argues that meaning in life is not given to us by God or the universe; nor is it, as the existentialists claimed, something we invent for ourselves. It is found instead in living in accordance with what he calls narrative values, which inform and structure our lives as wholes. May's arguments are often illustrated with examples drawn from literature and his writing is frequently lyrical, though always accessible. The book does not claim to reveal the meaning of life. May is a seeker rather than a proselytizer. Indeed, it is in part because he is not content with simplistic certainties that he is able to offer such wise guidance in our efforts to understand how and why our lives matter. It addresses a topic of very broad interest, yet it does so in a philosophically sophisticated way. More important, May has given us a wise, humane reflection on one of the central questions of philosophy--what makes for a meaningful life? While accessible to a broad audience, *A Significant Life* also makes a significant contribution to the scholarly literature. I highly recommend it. *Why More Is Less* This is an engaging, beautifully written book that grabs the reader from the first page something one cannot often say about a philosophy book. More important, May has given us a wise, humane reflection on one of the central questions of philosophy what makes for a meaningful life? While accessible to a broad audience, *A Significant Life* also makes a significant contribution to the scholarly literature. *A Very Short Introduction*" Todd May is something of a legend, known for his lively, conversational style of discourse, and this book on no less than the meaning of life showcases all of his best features. It is engaging and clear, with vivid examples from literature and May's own life. Despite Pierre Hadot's claim that all ancient philosophy was about the meaning of life, there is surprisingly little engagement of the question by contemporary philosophers. May's book fills this void marvelously.

## Chapter 2 : Life Events Checklist Common Life Events

*To build a significant life you have to discover meaning and purpose along the way. It is far easier to become successful in life than it is to lead a significant life. Many successful people lack meaning and significance in their lives.*

**Organism** The characteristics of life Since there is no unequivocal definition of life, most current definitions in biology are descriptive. Life is considered a characteristic of something that preserves, furthers or reinforces its existence in the given environment. This characteristic exhibits all or most of the following traits: Living things require energy to maintain internal organization homeostasis and to produce the other phenomena associated with life. A growing organism increases in size in all of its parts, rather than simply accumulating matter. A response is often expressed by motion; for example, the leaves of a plant turning toward the sun phototropism , and chemotaxis. These complex processes, called physiological functions , have underlying physical and chemical bases, as well as signaling and control mechanisms that are essential to maintaining life.

**Alternative definitions** See also: Entropy and life From a physics perspective, living beings are thermodynamic systems with an organized molecular structure that can reproduce itself and evolve as survival dictates. One systemic definition of life is that living things are self-organizing and autopoietic self-producing.

**Virus** Adenovirus as seen under an electron microscope Whether or not viruses should be considered as alive is controversial. They are most often considered as just replicators rather than forms of life. However, viruses do not metabolize and they require a host cell to make new products. Virus self-assembly within host cells has implications for the study of the origin of life , as it may support the hypothesis that life could have started as self-assembling organic molecules. Biophysicists have commented that living things function on negative entropy. These systems are maintained by flows of information, energy , and matter. Some scientists have proposed in the last few decades that a general living systems theory is required to explain the nature of life. Instead of examining phenomena by attempting to break things down into components, a general living systems theory explores phenomena in terms of dynamic patterns of the relationships of organisms with their environment.

**Gaia hypothesis** The idea that the Earth is alive is found in philosophy and religion, but the first scientific discussion of it was by the Scottish scientist James Hutton. In , he stated that the Earth was a superorganism and that its proper study should be physiology. Hutton is considered the father of geology, but his idea of a living Earth was forgotten in the intense reductionism of the 19th century.

**Nonfractionability** The first attempt at a general living systems theory for explaining the nature of life was in , by American biologist James Grier Miller. Specifically, he identified the "nonfractionability of components in an organism" as the fundamental difference between living systems and "biological machines. Morowitz explains it, life is a property of an ecological system rather than a single organism or species. Robert Ulanowicz highlights mutualism as the key to understand the systemic, order-generating behavior of life and ecosystems.

**Mathematical biology** Complex systems biology CSB is a field of science that studies the emergence of complexity in functional organisms from the viewpoint of dynamic systems theory. A closely related approach to CSB and systems biology called relational biology is concerned mainly with understanding life processes in terms of the most important relations, and categories of such relations among the essential functional components of organisms; for multicellular organisms, this has been defined as "categorical biology", or a model representation of organisms as a category theory of biological relations, as well as an algebraic topology of the functional organization of living organisms in terms of their dynamic, complex networks of metabolic, genetic, and epigenetic processes and signaling pathways. The underlying order-generating process was concluded to be basically similar for both types of systems.

**Chapter 3 : What Makes a Life Significant? – Susan Crawford**

*Instead, we can live a significant life by looking for significance and finding it in everything we do. Significance is a moment to moment occurrence, and we have the choice to make moments significant or not.*

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**Chapter 4 : How To Live A Significant Life | Dr. Richard D. Dobbins**

*I believe our version of significance is aligned with our unique purpose in life. The reason why so many people don't feel or know if they have been significant in a lifetime or today is because they don't know their purpose in life.*

The meanings are there for the others, but they are not there for us. There lies more than a mere interest of curious speculation in understanding this. It has the most tremendous practical importance. I wish that I could convince you of it as I feel it myself. It is the basis of all our tolerance, social, religious, and political. The forgetting of it lies at the root of every stupid and sanguinary mistake that rulers over subject-peoples make. The first thing to learn in intercourse with others is non-interference with their own peculiar ways of being happy, provided those ways do not assume to interfere by violence with ours. No one has insight into all the ideals. No one should presume to judge them off-hand. The pretension to dogmatize about them in each other is the root of most human injustices and cruelties, and the trait in human character most likely to make the angels weep. Every Jack sees in his own particular Jill charms and perfections to the enchantment of which we stolid onlookers are stone-cold. And which has the superior view of the absolute truth, he or we? Is he in excess, being in this matter a maniac? For Jack realizes Jill concretely, and we do not. He struggles toward a union with her inner life, divining her feelings, anticipating her desires, understanding her limits as manfully as he can, and yet inadequately, too; for he is also afflicted with some blindness, even here. Whilst we, dead clods that we are, do not even seek after these things, but are contented that that portion of eternal fact named Jill should be for us as if it were not. May the ancient blindness never wrap its clouds about either of them again! Where would any of us be, were there no one willing to know us as we really are or ready to repay us for our insight by making recognizant return? We ought, all of us, to realize each other in this intense, pathetic, and important way. The vice of ordinary Jack and Jill affection is not its intensity, but its exclusions and its jealousies. Leave those out, and you see that the ideal I am holding up before you, however impracticable to-day, yet contains nothing intrinsically absurd. We have unquestionably a great cloud-bank of ancestral blindness weighing down upon us, only transiently riven here and there by fitful revelations of the truth. It is vain to hope for this state of things to alter much. Our inner secrets must remain for the most part impenetrable by others, for beings as essentially practical as we are necessarily short of sight. But, if we cannot gain much positive insight into one another, cannot we at least use our sense of our own blindness to make us more cautious in going over the dark places? Cannot we escape some of those hideous ancestral intolerances; and cruelties, and positive reversals of the truth? For the remainder of this hour I invite you to seek with me some principle to make our tolerance less chaotic. And, as I began my previous lecture by a personal reminiscence, I am going to ask your indulgence for a similar bit of egotism now. A few summers ago I spent a happy week at the famous Assembly Grounds on the borders of Chautauqua Lake. Sobriety and industry, intelligence and goodness, orderliness and ideality, prosperity and cheerfulness, pervade the air. It is a serious and studious picnic on a gigantic scale. Here you have a town of many thousands of inhabitants, beautifully laid out in the forest and drained, and equipped with means for satisfying all the necessary lower and most of the superfluous higher wants of man. You have a first-class college in full blast. You have magnificent music—a chorus of seven hundred voices, with possibly the most perfect open-air auditorium in the world. You have every sort of athletic exercise from sailing, rowing, swimming, bicycling, to the ball-field and the more artificial doings which the gymnasium affords. You have kindergartens and model secondary schools. You have general religious services and special club-houses for the several sects. You have perpetually running soda-water fountains, and daily popular lectures by distinguished men. You have the best of company, and yet no effort. You have no zymotic diseases, no poverty, no drunkenness, no crime, no police. You have culture, you have kindness, you have cheapness, you have equality, you have the best fruits of what mankind has fought and bled and striven for under the name of civilization for centuries. You have, in short, a foretaste of what human society might be, were it all in the light, with no suffering and no dark corners. I went in curiosity for a day. I stayed for a week, held spell-bound by the charm and ease of everything, by the middle-class paradise, without a sin, without a victim, without a blot, without a tear. And yet what was my own astonishment, on emerging

into the dark and wicked world again, to catch myself quite unexpectedly and involuntarily saying: Now for something primordial and savage, even though it were as bad as an Armenian massacre, to set the balance straight again. This order is too tame, this culture too second-rate, this goodness too uninspiring. This human drama without a villain or a pang; this community so refined that ice-cream soda-water is the utmost offering it can make to the brute animal in man; this city simmering in the tepid lakeside sun; this atrocious harmlessness of all things,-I cannot abide with them. Let me take my chances again in the big outside worldly wilderness with all its sins and sufferings. There are the heights and depths, the precipices and the steep ideals, the gleams of the awful and the infinite; and there is more hope and help a thousand times than in this dead level and quintessence of every mediocrity. There seemed thus to be a self-contradiction and paradox somewhere, which I, as a professor drawing a full salary, was in duty bound to unravel and explain, if I could. And, first of all, I asked myself what the thing was that was so lacking in this Sabbatical city, and the lack of which kept one forever falling short of the higher sort of contentment. What excites and interests the looker-on at life, what the romances and the statues celebrate and the grim civic monuments remind us of, is the everlasting battle of the powers of light with those of darkness; with heroism, reduced to its bare chance, yet ever and anon snatching victory from the jaws of death. But in this unspeakable Chautauqua there was no potentiality of death in sight anywhere, and no point of the compass visible from which danger might possibly appear. The ideal was so completely victorious already that no sign of any previous battle remained, the place just resting on its oars. But what our human emotions seem to require is the sight of the struggle going on. The moment the fruits are being merely eaten, things become ignoble. Sweat and effort, human nature strained to its uttermost and on the rack, yet getting through alive, and then turning its back on its success to pursue another more rare and arduous still-this is the sort of thing the presence of which inspires us, and the reality of which it seems to be the function of all the higher forms of literature and fine art to bring home to us and suggest. But was not this a paradox well calculated to fill one with dismay? It looks indeed, thought I, as if the romantic idealists with their pessimism about our civilization were, after all, quite right. An irremediable flatness is coming over the world. The whole world, delightful and sinful as it may still appear for a moment to one just escaped from the Chautauquan enclosure, is nevertheless obeying more and more just those ideals that are sure to make of it in the end a mere Chautauqua Assembly on an enormous scale. Was im Gesang soll leben muss im Leben untergehn. Even now, in our own country, correctness, fairness, and compromise for every small advantage are crowding out all other qualities. The higher heroisms and the old rare flavors are passing out of life. And now I perceived, by a flash of insight, that I had been steeping myself in pure ancestral blindness, and looking at life with the eyes of a remote spectator. Wishing for heroism and the spectacle of human nature on the rack, I had never noticed the great fields of heroism lying round about me, I had failed to see it present and alive. I could only think of it as dead and embalmed, labelled and costumed, as it is in the pages of romance. And yet there it was before me in the daily lives of the laboring classes. Not in clanging fights and desperate marches only is heroism to be looked for, but on every railway bridge and fire-proof building that is going up to-day. On freight-trains, on the decks of vessels, in cattleyards and mines, on lumber-rafts, among the firemen and the policemen, the demand for courage is incessant; and the supply never fails. There, every day of the year somewhere, is human nature in extremis for you. And wherever a scythe, an axe, a pick, or a shovel is wielded, you have it sweating and aching and with its powers of patient endurance racked to the utmost under the length of hours of the strain. As I awoke to all this unidealized heroic life around me, the scales seemed to fall from my eyes; and a wave of sympathy greater than anything I had ever before felt with the common life of common men began to fill my soul. It began to seem as if virtue with horny hands and dirty skin were the only virtue genuine and vital enough to take account of. Every other virtue poses; none is absolutely unconscious and simple, and unexpectant of decoration or recognition, like this. These are our soldiers, thought I. Many years ago, when in Vienna, I had had a similar feeling of awe and reverence in looking at the peasant women, in from the country on their business at the market for the day. For where would any of it have been without their unremitting, unrewarded labor in the fields? And so with us: Divinity lies all about us, and culture is too bide-bound to even suspect the fact. Could a Howells or a Kipling be enlisted in this mission? Must we wait for some one born and bred and living as a laborer himself, but who,

by grace of Heaven, shall also find a literary voice? And there I rested on that day, with a sense of widening of vision, and with what it is surely fair to call an increase of religious insight into life. The exercise of the courage, patience, and kindness, must be the significant portion of the whole business; and the distinctions of position can only be a manner of diversifying the phenomenal surface upon which these underground virtues may manifest their effects. At this rate, the deepest human life is everywhere, is eternal. And, if any human attributes exist only in particular individuals, they must belong to the mere trapping and decoration of the surface-show. Yet always, we must confess, this levelling insight tends to be obscured again; and always the ancestral blindness returns and wraps us up, so that we end once more by thinking that creation can be for no other purpose than to develop remarkable situations and conventional distinctions and merits. Yet, little by little, there comes some stable gain; for the world does get more humane, and the religion of democracy tends toward permanent increase. This, as I said, became for a time my conviction, and gave me great content. I have put the matter into the form of a personal reminiscence, so that I might lead you into it more directly and completely, and so save time. But now I am going to discuss the rest of it with you in a more impersonal way. The last view one gets of him is his little figure leaning against a white birch-tree, and uncomplainingly awaiting the end. Contrariwise to those of our own class, who protest against destiny and grow indignant at its rigor, these people receive maladies and misfortunes without revolt, without opposition, and with a firm and tranquil confidence that all had to be like that, could not be otherwise, and that it is all right so. The more we live by our intellect, the less we understand the meaning of life. We see only a cruel jest in suffering and death, whereas these people live, suffer, and draw near to death with tranquillity, and oftener than not with joy. There are enormous multitudes of them happy with the most perfect happiness, although deprived of what for us is the sole of good of life. They labor quietly, endure privations and pains, live and die, and throughout everything see the good without seeing the vanity. I had to love these people.

Chapter 5 : Todd May - Wikipedia

*A Significant Life now numbers among the most valuable dozen or so books of my life, and it's the only one among them (just as a result of my natural tastes) written by an atheist. So, "Pick it up and read it."*

Thursday Lunchtime service Introduction What do the following have in common? The answer is that they were, a little while ago, voted the top ten greatest Britons in that order. Now you might like to argue about some of those entries and where they come in the order, but these are the people deemed by the general public to have lived the most significant lives. Psalm 1 serves as an introduction to the Psalter, the book of Psalms, which is nothing if not a book about how our lives relate to God. The question for us is, are you and I leading lives that are significant, or are they ultimately just going to waste? In Psalm 1 the man who lives a significant life is marked out by four things: What he differs from So, first, what he differs from. So the advert says "buy this car" , or "go on that holiday" or "drink this drink" or "buy these clothes" and you will be happy. But the Bible frequently puts it the other way round: We see this in verse 1. The word translated blessed here is not the normal Bible word for blessed, but more nearly means happy. He is different from those around him. So, the happy man does not walk in the counsel of the wicked, he does not stand in the way of sinners, he does not sit in the seat of mockers ref. In short, the happy man, the blessed man, does not align himself with worldliness. We are all worldly by nature€”our hearts are inclined naturally to wickedness and sinfulness and especially mockery. By nature we have no interest in the things of God. But when we become a Christian we renounce these things. It is a turning away from the wicked, the sinner, the mocker. A determination not to listen to their advice, and not to be like them any more. This is the first step on the path to the significant life: He is determined to differ from the world. You can no longer live what the world considers a normal life. What worldliness do you need to avoid? Is it gossip, or bad language, or bad attitudes like worry or cynicism? Is the way you use your money quite different from the way others use their money? If, on the other hand, you feel you fit in rather well, then perhaps it is worth meditating on this verse. Which brings us to verse 2. What he delights in By contrast with verse one, verse two is very positive. But his delight is in the law of the LORD, and on his law he meditates day and night. It is law because has authority over our lives. It is our guide and rule 24 hours a day, 7 days a week. There is no activity that is beyond its scope. The godly person will use Bible reading notes; will enjoy listening to the Bible on tape or CD; will crave a daily meal of Scripture to have food for his meditation. Perhaps one good way to diagnose where we stand on this is to examine what we tend to think about when our minds are in neutral, when we have a quiet stretch with nothing particular to occupy us. Or what we think about when we lie awake in the middle of the night. Where do our minds go then? Do they tend to turn to the word of God, or do they quickly end up elsewhere? Again, what is the background noise to our lives? Myself, I have Radio 4 on constantly at home. What he achieves Next, in verse 3 we see the reality of the significance that God gives to the lives of those whom he has called to differ from the world and whom he has given a delight in his word. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. Whatever storms life brings the tree stands firm; the branches may sway and toss backwards and forwards, but nothing can uproot this tree. The reality is that it often looks like it is the wicked, the worldly who are prospering. So often it seems like they are the ones with the cars, the holidays, the comforts. To help us to see through this the Psalmist moves on to show us the fundamental insignificance of the life of the wicked person. This is what the godly man avoids. Verse 4, Not so the wicked! They are like chaff that the wind blows away ref. What could be more insignificant and impermanent than the chaff? The picture is of a farmer taking his harvest of grain and spreading it on a large sheet. Then it is thrown high into the air so that the wind can catch the light and insubstantial chaff, and blow it away, leaving behind the heavier grain that he wants to keep. What a contrast with the tree of verse three: A weighty life contrasted with a weightless life. A life lived with ultimate significance compared to a life of insignificance. As we look at the world around us we see what we imagine to be prosperous lives. To return to worldliness: But God has shown us what true prosperity is: Conclusion To finish, verses 5 and 6 of the Psalm warn us that there will be a day when the significance of our lives will be

revealed. Verse 5, Therefore the wicked will not stand in the judgement, nor sinners in the assembly of the righteous. On that day the lives lived weightlessly will be blown away with the chaff. They literally will not be able to stand. But the deep-rooted trees will stand firm. The final verse of the Psalm introduces another picture of the difference between a significant life and an insignificant life. For the LORD watches over the way of the righteous, but the way of the wicked will perish. Jesus spoke about this when he described the narrow way and the broad way. And he is clear that there is no third way. Once again a contrast is drawn: There are lives that are rooted and lives that are chaff. There are lives that God watches over, and lives that he is shut out of. Well, according to verse 6, it all depends on whether God watches over you, or as the King James puts it whether he "knoweth you" or not. If God is with us he will enable us to be different from the world. He will put into our hearts that delight in his word. He will transplant us to the banks of his river of life so that we achieve fruitfulness. He will give our lives weight so that we avoid the judgement. Does God know your way? Is he watching over you? If you are in the slightest bit unsure about the answer to that question, then come and talk to me or Byron, or David Barter or one of the elders at the church.

**Chapter 6 : How to Live a Meaningful and Significant Life | Adventures in Positive Psychology**

*What Makes a Life Significant. William James. IN my previous talk, 'On a Certain Blindness,' I tried to make you feel how soaked and shot-through life is with values and meanings which we fail to realize because of our external and insensible point of view.*

Please sit down, relax and take a deep breath! Now, ask yourself the question of questions: What are the most important things in life? Think about that for a moment and then start reading. Your life might never be the same! We all move through life differently Some prefer to do as little as possible, others live at full speed. What all of us have in common though, is that we spend our time on something. What are the 3 things you spend most of your time on? What are the main reasons why you spend your time in this way? Ask yourself the following questions to see if you too find some truth in this: Do you know what you want in life and if yes, what do you want? Have you ever gone through a mid-life crisis or know someone who has? Perhaps we should even dear asking ourselves the question of questions: The four most important things in life are! This tree in Namibia could certainly be the tree of life. Check out this post for more on the matter. The underlying assumption my life-view is based on is: Care for it as you would care for your newborn child. Therefore, if we want to live for a long time with a mind and body that can take us where we want, we must take care of our health. Health, consequently, is absolutely fundamental. Check out this link for a model that describes the key drivers of health and what to do to become healthy. The above is likely one of the reasons why we see so many people divorce, why the time we spend with our friends steadily declines as we age and why many of us spend more time in-front of the TV or computer than we spend with our kids. In order to have good relationships I believe we need to both spend a considerable amount of time with the people we love and be really present during that time. Having a positive self-view on the other hand means accepting ourselves for who we are and what we believe in. I still have improvement areas however, especially with regards to dealing better with negative feedback and rejection. How you think is one of the key factors that influence the view we have of ourselves. Learn about the four components of thinking and how to think effectively here. Your hair might be long, even red so-help-me-god. Living according to this understanding will give you a sense of purpose, fulfilment and peace. What makes you different to everyone else? Your life-purpose Your life-purpose is a clearly stated, high level description, of what you want to do with your life. Understanding your purpose is a journey that requires time and reflection. The purpose of my life is to feel good, be good and do good. Why are you here on Earth? Your values Values are the thoughts and behaviours that define how you want to be as a person. The following analogy is a good way to understand values: Picture yourself being in a boat. Suddenly you see a lighthouse straight ahead! You quickly steer the other way and get yourself, the boat and your crew out of danger. Values can act as lighthouses or guiding stars like the Northern Star. Consequently, values can help you make better decisions in life. As for your life-purpose, understanding what your values are is a journey that requires time and reflection. What are the words that define how you want to think and behave? Your dreams Dreams are things you want to experience in life. Want to travel the world? Want to become a world-class teacher? Want to make the world a place where every creature is treated with respect? I know I do. Dream a little every day. Dreams exist to be pursued! Many dreams do come true and the more positive your self-view is the easier it will be for you to achieve your dreams. Read about how to discover your dreams here. Spitzkoppe in Namibia is a place where dreams are born The four most important things in life are highly interdependent Health. All of these influence one another. For example, how healthy you are affects the energy and time you have available to spend on the other three. Improvement in any one of these areas will consequently not only have an impact in that area, but the other areas as well. Perhaps you want to start by improving your health through eating the right foods?

**Chapter 7 : The four most important things in life - Rethinking Truth**

*A Significant Life Change Defined. A significant life change can be an event or occurrence, a loss or gain, positive or negative, but a but one which after it happens, a person's life is never quite the same, and cannot go back to the way life was before the event.*

Purpose of conducting this research study on the given topic is to gain a thorough understanding of how support may be provided to those individuals who are suffering from such life events which can affect their living. Further, the report also discusses about different roles and responsibilities to ensure that services provided to such people is responsive to their needs and wants. In addition to this, current research study would shed light over different manner in which health and social care services may contribute in maintaining self-image, dignity of such individuals. TASK 1 1 Impact of significant life event on service user s Life events can have either positive or negative impact over the lifestyle of an individual, as they are significantly affected by such events Graves, These kinds of events can be in any form, which then exerts prominent impact over the life of a concerned individual and also on other people who surround them. In this sense, it may not be wrong to say that it is crucial for relevant individuals that they may be able to identify the impact of such events, because these have the capability to affect their lives in a very significant manner. Effects of the same can broadly be divided into three categories " psychological, physical and social. There can be various kinds of events which yield prominent impact over the life of an individual Rickerson and et. For instance, events such as pregnancy can be situations, both joyous and painful in nature. Due to this very reason, it is imperative that the concerned female is given proper support, so that she can enjoy the moment of giving birth to a child while handling the pain of it easily. In this regard, physical pain that the female have to bear is extensive and often has a significant impact over lifestyles of the concerned individual. During pregnancy, a woman feels intense pain, due to which she has to suffer massive physical impact Harrison and Vannest, It is imperative for people surrounding these female that, they provide extensive comfort, so that the said pain can be bear easily. For instance, during pregnancy a woman suffers from extensive pain and aches in abdomen, back and other such parts of the body that directly hold the baby. Further, another kind of physical pain that pregnant women experience is fatigue and sleeping problems. It is a very common problem among such women, as they feel exhausted in the first trimester itself. Eventually, this tiredness translates into sleeping problems Moss, You share your Assignment Ideas We write it for you! Since, body of the concerned female undergoes substantial hormonal changes; it is normal that she may become irritable, depressed, moody, etc. In this sense, it can be said that, pregnancy would affect the mental status of a pregnant women, as she would have to experience significant changes in her thinking styles and other such brain related functions. Emotional disturbances are very common during pregnancy; woman gets emotional during the same period with herself as well as the child which she would be soon give birth. Through this analysis, it can be said that significant life event such as pregnancy prominently affects the service user s , i. These people play a crucial role in helping the concerned individual to undergo such life events with ease and comfort. Their support would be critical in facing these situations and overcoming the same Aslib Social Sciences Group, A pregnant woman needs extensive support from her family and friends, as she require to take enough rest and also carry out her daily routine activities whilst ensuring that the baby does not get hurt in any manner; and that it is delivered safely and on the right time. In this context, it may not be wrong to say that some of the most important individuals who provide extensive support and aid to pregnant women are her family members. They are the most important part of this whole process Orpin and et. But sometimes, their response or attitude towards pregnant women may turn out to be negative, due to her tantrums and unpredictable mood swings. In such cases, they would extend any and every kind of support to the women to ensure that delivery of the child happens successfully; and that both mother and child are safe during pregnancy as well as while giving birth. Similarly, friends also provide good support to pregnant women as they also wish that, the future mother as well as the child she would give birth remain healthy and safe. There are chances that the family members would hire nurse s at their home, to care for the women and safeguard her from any harm or injury Pollitt,

Rose and Kaufman, On the other hand, there are chances that family members or the friends may become highly stressed because they would be handling pregnant woman while trying to keep her happy, safe and free from all kinds of pressures. Due to this very reason, there are chances that these supporting people may become stressed and irritable. But in normal cases, their response to pregnancy would be positive only, as they would show signs of excitement and great zeal. Additionally, they would also take huge steps so as to ensure that, the pregnant woman is safe, happy and healthy as well. Therefore, it may not be wrong to say that, responses of friends and family members towards pregnancy could be mixed, with major proportion of the same belonging to positive responses from these support groups, as they would take the life event in a very good attitude and consider it to be a very good omen. Thus it may not be wrong to say that, significant life events actually have a very prominent influence over health care practitioners and workers providing appropriate care to the patients. It is because of this very reason, it is crucial to understand how these care workers are affected due to the event of pregnancy. It has been observed on many occasions that, apart from friends and family members, care workers and health practitioners get attached to the patient are significantly affected by the event. It can be supported through the fact that, in cases of pregnancy, it has been observed that nurses, doctors, etc. Because of this reason they are also influenced by the result of pregnancy. In such scenario, since a healthy child is born, health care practitioners also feel very happy and excited. Therefore, it may not be wrong to say that this emotional attachment is the reason that explains why health care workers are affected by the life event. On the other hand to it, if the child born is not healthy or the mother faces some complications during pregnancy or while delivery, then there are chances that nurses and other care providers may get negatively affected by the same. In this sense, because of getting emotionally attached with the care users, nurses and doctors get affected from the given life event. In addition to it, due to the emotional attachment, there are chances that care workers or health care practitioners may take biased decisions. Such a situation can be very good from view point of the patient, but then it can prove to be very harmful and dangerous for career of the concerned person working in health care industry. Ayres and Roy, Herein, it can be said that, there are major chances that care givers and professionals may get negatively influenced due to significant life event being experienced by a pregnant women. Order Now We are here to help Take a quick look at our trusted writing services to learn more about our quality and hassle-free services. This means that, if delivery of a child goes wrong, then it is the doctor who would be blamed first for the same, which then would put a dent on his own reputation as a care worker. Lloyd and Cameron, This then would have a substantial negative impact on their career and put it into a state of jeopardy. TASK 2 4 Support available to people with specific needs For health care bodies and professionals, it is imperative that they provide effective services to care users so that, their disease can be resolved to a great extent and also their life can be made simpler and easier. In present scenario it has been observed that a patient with Alzheimer and early symptoms of dementia has been admitted in the care home. Amital and et. One of the most common symptom of this disease is short term memory loss; problems with language; disorientation; memory swings, etc. It is very important that people who are diagnosed with such symptoms receive medical treatment for the same at the earliest; or else it could become worse. For the same, over the years, many medical bodies and personnel have come together to develop different groups and systems that work to treat and handle patients with dementia. Main goal of this group is to maintain quality of life of such individuals, mainly because of reason yet no solution has been found out for the disease. Families here in have to ensure that such individuals are treated fairly and equally, whilst they are provided with appropriate care services. Nolan, In this regard, it may not be wrong to say that family members of such individuals have to ensure that they are given medicines in prescribed quantity and at the right time to increase its effectiveness. It is important that their behaviour and responses while providing care to such individuals is taken into consideration. In this sense it can be said that there are positive chances that the health care institute in the country would treat such patients in a proper manner, which essentially would help in resolving their health related issue with ease and comfort. Lukinova, Myagkov and Shishkin, In absence of such guidelines, there are very less chances for NHS, a health care organization based in UK to operate efficiently and effectively. Ross, Authorities at NHS have developed a three pronged treatment for handling patients with the given disease, mainly because of reason that still no permanent cure has been

determined for it. These three stages are: Next psychosocial intervention techniques are also used by the organization different methods are used to stimulate different parts of brain of the patient so as to get control over the illness and try to ensure that it does not yield more negative effects over the concerned individual. In the last stage, only normal care is given to the patients Brown and Moore, Here no medicine or any medical intervention is used, rather these individuals are only provided normal routine care, so that quality of life can be maintained, along with attempting to control their mood swings and behaviour in general. But on the other hand, a major weakness of this system is that there is no guarantee that this method may prove to be useful in treating the patient. This forms the basis on which given procedure can be termed to be very strong and highly effective as well. But on the other hand it lacks in terms that there are no specialist services available to treat the same. Today, it is one of the common brain related illnesses prevalent in the society. Many experts of health and social care industry consider it as one of the major brain diseases in the world. Some of the common symptoms of the disease are emotional problems, sharp decline in motivation levels, problems with language, etc. Over the years, many external bodies and organizations have been established with a view to help cure the issue of dementia and eventually control and eradicate it. One of them is Alzheimer Europe. Many consider it to one of the prime bodies that provide services in treating and curing the problem of dementia with ease and comfort Graham, Main objective of this organization is to generate awareness among people about all kinds of dementia and also create a common Europe based platform through which services to cure the disease can be provided along with developing co-operation among all bodies throughout Europe working towards solving the problem of dementia. Get Help in Any Subject Our intention is to help numerous students worldwide through effective and accurate work.

### Chapter 8 : 7 significant events in my life by on Prezi

*He knew, for instance, that during his lifetime, no significant progress would be made on the question of how life began.*  
â€” Amy Stewart, *Wilson Quarterly*, Winter A significant number of customers complained about the service.

We all want to be successful and feel important; yet being successful is much different than living a life of significance. Developing significance is about having a sense of meaning and knowing we offer value to the world and others. Many people write personal mission and value statements for this reason. Consider the important parts of your past that lead to who you are today. Where did your beliefs and values come from? Consider who you are now and what you can offer and begin to share with others. What are your strengths and accomplishments that can be built on and developed further? What are your current beliefs and values? Lastly, uncover where you want to go. What are you striving to do, and why do you want to do these things? We all need relationships to help us grow and develop. Relationships provide a context for much of what we do and are an important factor for making decisions. Put time and effort into building relationships and be aware how important relationships are to your identity. Spiritual and religious beliefs â€” Having a spiritual connection and understanding transcendence offers a more inspiring view of life. Religion and spirituality offer a chance to enhance gratitude for what we have and hope for the future. Knowing there is something beyond our immediate existence provides encouragement that we can push beyond limits and become a better person. Begin to explore your potential and expand your horizons by learning and doing new things. By discovering a purpose and meaning in life, we can begin to make sense of the world and find comfort and confidence to deal with whatever life may bring. Living a meaningful life also helps us be healthier and happier by being more engaged in our work, feeling more life satisfaction, and a greater sense of control. Start considering what you want from life, and why you want this. Start to live from your heart and release the passion and enthusiasm that has been lying dormant within you. Through deep and personalized coaching, he helps ambitious, creative, and spiritually minded individuals make a greater impact, grow as leaders, and design a soulful life they are inspired by.

**Chapter 9 : A Significant Life : Todd May :**

*What can I do to ensure my life counts? To ensure that the life God has given to me matters? That's significant. It's a universal question, and one asked of John Piper on June 3 of this year in Montesilvano, Italy. It came in the context of a television interview. Here's a field recording of.*

Message from Priscilla Dobbins Wonderful News! The book, is now available at bookstores, Amazon and AuthorHouse Publishers. You can click on the book cover on this page and you will be able to purchase immediately. His heart was for teaching and helping couples. This is definitely "Doc" talking to all married couples. When you purchase your copy you will be blessed! You can check out more details of the book by going to: Also please continue to contact me. Your prayers and encouragements mean so much to me. They are distinctly different concepts. If you want to build a successful life, you make it to the top of the ladder in your field. To build a significant life you have to discover meaning and purpose along the way. It is far easier to become successful in life than it is to lead a significant life. Many successful people lack meaning and significance in their lives. For example, the other day I was talking to a cardiologist friend of mine and he was sharing with me that he is attempting to mentor a medical student in the practice of Christian medicine. He was explaining to the intern that he would go through several stages in reaching the top of his field. He cautioned the intern that, when he reached the top, there would be nothing there. He was warning the intern that, if in the process of climbing the ladder you have lost a sense of personal significance and meaning so that the practice of medicine is no longer a calling but just a means of making a livelihood, then success means nothing. As successful as you become you will have failed in your search for a significant life. Building significance into life involves much more than becoming successful at what you do. Many Americans miss this distinction. They get geared up; they go through all the educational procedures, all the professional procedures to reach the top of whatever field they are tackling. Then they believe that, once they are there, significance will be a byproduct of success. But significance comes from building meaning and purpose into your life, some other meaning than just being the best and the greatest and making the most money of any person in your field. A Significant Life Assumes Providence Building significance into life is difficult for those who are agnostic or atheist, but for a Christian significance begins by knowing that God has a purpose for my life. I am not simply doing something for me or even for the community. I am doing something for Him, which means that the purpose for my life is not over when my life is over, that I will go on to some future judgment of my life, and the deeds that I have done in my body will achieve some higher purpose of eternal meaning. This for the Christian builds significance into life, significance that is much more important in the search for happiness than success. As we have said, many successful people are not happy. Happiness comes from leading a significant life, from doing something you feel only you can be doing. Paul says in Ephesians 1: You and I were no afterthought with God. Every Christian has a calling upon his or her life. If you do not make that connection, then you feel like your life is without significance. But I think so many times we belittle the gifts God has given us while we are admiring the gifts He has given other people. But, we are all members of the same body and, as each of us discovers our gifts and we function together, the whole body accomplishes the will of God in this world. Paul addresses the issue of giftedness in Romans He defines gifts there that fall across a broad spectrum of human activity. Discover the gifts that you have and do not belittle them, and do not envy the gifts that other people have because these are the ways God has provided for you to serve Him. The most pragmatic way to go about discovering your gifts is to ask two things about yourself. First of all, what would you really like to do for God that you really like to do? Because what God has gifted you to do, He has given you a satisfaction in doing. Second, over time discover those areas where you have exceptional skill and recognize these skills as gifts from God. Significance Demands Diligence Whatever you do, you should do energetically and enthusiastically, not only doing it well but also doing it heartily as unto the Lord. In Colossians 3, Paul talks about doing our work with all of our might as well as doing it unto the Lord. In Philippians 3 he talks about pressing toward the mark for the prize of the highest calling of God in Christ Jesus. There is that sense of diligence and intensity that comes into play when the Christian is doing

what he feels gifted to do, what he likes to do, what adds to the significance of his life. A person who is diligent about what he or she is doing gives the feeling of being responsible and willing to be held accountable for what he or she does. As a byproduct of diligence and significance, God blesses us with success. The diligent person carries significance into the job place so that, regardless of the degree of success he has, there is a fulfillment that comes. When such people get to the top it is not success that fulfills them, it is the significance. People leading significant lives know they have gifts. However, they know those gifts have been given to them by God; so there is no place for pride. In addition, they know God has given those gifts to them for the service of others; so, they want to be diligent in their stewardship of these gifts. A person who is leading a significant life is unimpressed with himself. A successful person who feels the need to tell you just how successful he or she really is actually is telling you that his or her life lacks significance. You get the impression that if such people did not have all the invitations to speak, did not go to all the places they have been while doing all their important things, life would be meaningless for them. In fact, they have to tell you of all of these things so that you can be impressed with their success and your impression of their success is what gives them the little bit of significance their lives have. When there is no more applause, no more people to tell all their exploits to, these people are going to lack meaning and purpose in their lives. Significant people do not need an audience. They are too involved doing what they are doing, doing it as unto the Lord, doing it heartily, that the One for whom they are doing it is the only One whose opinion they are really concerned about. You can be successful without having a significant life, but you cannot have a significant life without being successful. Success without significance is hollow. God has a purpose for your life and if you will open your life to Him, confess your sins to Him and ask Him, He will reveal that purpose to you. Nothing is as exciting as knowing in your heart that you are doing what God has gifted you to do, where He has called you to do it. This is the greatest high in life and God wants you to celebrate it!