



Stephen Post

Stephen Post, co-author of *Why Good Things Happen to Good People*, on sale now

Inspiration, Philanthropy, Charity, Compassion

Topics

It's Good to Be Good: Why Giving of Oneself is Essential to Happiness and Health

Dr. Post presents an inspiring message about the pursuit of happiness and health. Researchers are showing again and again that compassion, generosity and volunteerism are as good for the giver as for the receiver, and even more so. As the pioneer organizer of research in the field over the past decade, Dr. Post explains why giving is like a one-a-day vitamin for the soul. When we weave it into daily life, even in small ways for just a half an hour, the benefits are substantial. This is exciting news for people of all ages.

Doing Good and Feeling Better: A Deeper Look at Professionalism in Health Care

Patients need health care professionals whose compassion provides the emotional and relational security that are so important in coping with illness. But new science also shows that doctors, nurses and social workers who provide compassionate care feel happier and healthier, and stay in the health care professions longer. This is big news for anyone in the health care professions. **The Deeply Forgetful: Caring for Loved Ones With Dementia**

Dr. Post, one of only three persons awarded the distinguished service award by the National Alzheimer's Association, is among the most renowned experts on aging and dementia in the United States and Canada. For anyone interested in the science of Alzheimer's disease, and the best approaches to care, his engaging presentation is chock full of useful insights for every baby boomer with aging parents. **Biology, Technology and The Future of Human Nature:**

Advances in biological sciences show just how great our powers are to modify nature and human nature. Anti-aging research, reproductive cloning, genetic enhancement, neuroscience, stem-cell research, and a thousand other new areas of scientific advance converge around the question of our power to transform ourselves in radical ways. Is this wise? How shall we guide ourselves as we enter a brave new world?