Reflections from the past: Life lessons for better living.

Susan Stuntzner

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Reflections & Lessons For Better Living

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**Author Biography**

**Susan Stuntzner, PhD,** is an assistant professor in the rehabilitation counseling profession at the University of Idaho. She is also a Licensed Professional Counselor, a Certified Rehabilitation Counselor, and a Nationally Certified Counselor. Presently, she trains master level students to become counselors, writes, and conducts research. Dr. Stuntzner is the author of another book entitled, *Living with a Disability: Finding Peace Amidst the Storm.* She is presently working on a book for the family called, *Resiliency & Coping with Disability: The Family After.* Dr. Stuntzner has first-hand experience in living with a visible disability for over 28 years. Dr. Stuntzner is a recent graduate from University of Wisconsin – Madison where she obtained her PhD in rehabilitation psychology.
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81. BE WILLING TO “LEARN”  
82. DISCOVER THE UNKNOWN  
83. VALUE YOURSELF  
84. SEEK THE BEST  
85. SEARCH FOR YOUR “MENTOR”  
86. BECOME A SKILLED “INCORPORATOR”  
87. USE YOUR EXPERIENCE FOR THE WELFARE OF OTHERS  
88. DISCOVER ADDITIONAL SKILLS  

FAMILY CONNECTIONS & VALUES  

89. LEARN FROM FAMILY  
90. IDENTIFY YOUR VALUES  
91. RELISH THE “GOOD” TIMES  
92. APPRECIATE & HONOR YOUR FAMILY  
93. BE WILLING TO IDENTIFY POSITIVE CHANGE
Acknowledgements

I would like to thank my family and friends for their years of support and for seeing me through the many experiences I have encountered. Without them moving onto the “other side” would have been much more challenging. I am and will always be grateful for your time, love, care, and concern. All of you have played an important part with my life and as a part of my “recovery.” For this, I am very blessed.