



Lessons from Angie

Samuel B. Huff

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Have you ever had a revelation that completely changed the way you understand and interact with the world? This is the story of a 61-year-old man who, in a burst of recall following anesthesia for a routine procedure, relives a mysterious but long-forgotten love affair to discover not only himself but what truly matters in life. After recognizing that his most vivid memories are a roadmap of what the deepest part of him thought was important, he embarks on an adventure that takes him through the realms of neuroscience, psychology, self-help, philosophy, spirituality and a new level of intimacy with very different kinds of women – including his wife. Two extra-ordinary romances are intertwined – full of hope and emotion that never die – to show him at last what love really is. Like *The Notebook* or *The Bridges of Madison County*, this is a profoundly moving drama that involves older characters, except in this case they draw from the past as a guide to wisdom that can be applied to their lives right now. Far beyond a simple tragedy, it's a story that portrays the infinite capacity for love and compassion that comes from personal growth and newfound harmony. *Lessons from Angie* also stands alone in that it deals with often unspeakable topics such as mental illness, alcoholism and childhood sexual abuse in ways that are illuminating and instructive, rather than gruesome or horrifying. All of these insights, of course, may be rewarding to readers of any age. What is love? It's what defines who we are, connects us to the world and gives our lives meaning.

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