



Healing Lazarus: A Buddhist's Journey from Near Death to New Life

Lewis Richmond

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Lazarus lies in his bed, helpless to move. But he sees now that he is not alone. His beloved wife is with him, all of his relatives and closest friends. They mop his brow; they change his clothes and linen. They stroke his limbs and speak soothing words into his ear. For so many years Lazarus had been the master, the authority, the one who made decisions and told others what to do. And now, for the first time, the roles were reversed, and he found his heart filled with such gratitude, even over the simplest things -- the light streaming in from the window, the warmth of the fire in the fireplace. How wonderful it was to be alive.

For Lewis Richmond, overcoming a swift and devastating brain injury -- one that left him unable to sit up or speak -- was only the beginning of a journey to recovery. As the 52-year-old Buddhist teacher soon discovered, regaining his health would be the most difficult thing he could ever imagine. But love, courage, and the Buddhist teachings that sustained him throughout his adult life would help guide him not only back to wellness, but to rebirth and transformation.

Richmond's timely, compassionate memoir can help anyone on the road back to health -- be it from illness, life crisis, or other catastrophe. In sharing this experience, as well as many others, Richmond offers insightful information about the struggles, setbacks, and frustrations of getting well -- and tells of the lessons learned and rewards gained.

Illuminating from the first page to the last, *Healing Lazarus* is one man's affirmation of life, as well as a steadfast companion for those who may face days that are physically, mentally, and emotionally challenging.

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James Floyd:

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