Learning life from illness stories brings together the stories of fourteen people who have lived with serious illness, either their own or that of a loved one. The authors reflect on the wisdom they have found in the stories of others, especially, as a common text, *Illness: the cry of the flesh* by Havi Carel. They respond to Carel’s key questions: Can I be ill and happy? How can I have a good life while living with illness?

The authors share their own experiences of pain, grief and despair, and of love, hope, seeking happiness, writing poetry, practising yoga, praying and protesting. This is a book about courage, about finding strength and sources of joy in hard times. It will inspire anyone seeking meaning in the chaos of their own difficult circumstances.

A fascinating study of the way one authentic narrative – in this case Havi Carel’s – can evoke the stories of others … This book, in important ways, witnesses to the diversity and complexity that overlie the universal human story of encounter with finitude.

*Bruce Rumbold, Director, Palliative Care Unit, La Trobe University, Melbourne, Australia*

This book offers something important and rare: a demonstration of the kind of scholarship that practises conversational community, is existentially instructive, and touches our common humanity.

*Les Todres, Professor of Health Philosophy, Bournemouth University, UK*