

A Life Interrupted: Choices, Life, and Legacy



Often life does not unfold as planned.

Dr. Manu Dua was a Canadian dentist who died from metastatic oral cancer at the age of 34. Manu found solace in writing as he faced his own mortality. He wrote about failure, fear, hope, and how even through life's greatest challenges human spirit can prevail. After his passing, his sister, Dr. Parul Dua Makkar published a book of essays that Manu wrote in his final months called *Life Interrupted: Dr. Dua's Survival Guide*.

The possibilities for health, happiness, and inner peace exist within our own consciousness and are empowered through our attention and intention. In this empowering presentation, Parul shares wisdom drawn from her brother's words as well as highlighting the lifestyle choices we can choose to create balance, wholeness, and pure potential in our lives.

"...Our lives will come and go, but our ideas will remain immortal. Therefore, in essence, the soul behind our work remains eternal. So, seek not to fear your own mortality, but rather embrace the challenge to create something that will outlive your fears and wildest imaginations, such that you may be able to provide service years after you have dearly departed. Live with the strength that not only is this possible, but quite tangible if we simply let go of fears that will not serve us in this life or next." – Excerpt from *Life Interrupted*, Dr. Dua's Survival Guide by Dr. Manu Dua



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Learning Objectives:

- Appreciate the power of hope and how it can sustain us through hardship
- Recognize that facing challenges offers a stepping stone to greatness
- Appreciate the hand that life dealt and discover how to make the best of it
- Explore techniques that lead to inner peace
- Envision how you will manifest your everlasting legacy

SUGGESTED FORMAT:

Partial Day; Lecture, Workshop, Keynote

SUGGESTED AUDIENCE:

All Healthcare Professionals

