

of the Dying: Life Lessons Everybody Learns Too Late

author:



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Synopsis

What do you think you might be saying on your deathbed? Will you be looking back at your life with a sense of joy and completeness, or, do you think that perhaps you might be consumed with regret? As today's guest shares, it's easy to assume that you will live with great health to a ripe old age, then die peacefully in your sleep wearing your favourite pyjamas but it doesn't work out that way for most people. • Feel Better Live More Bitesize is my weekly podcast for your mind, body, and heart. Each week I'll be featuring inspirational stories and practical tips from some of my former guests. Today's clip is from episode 383 of the podcast with former palliative care nurse, internationally acclaimed speaker, and author of the book "The Top 5 Regrets of the Dying", Bronnie Ware. Appreciating we are going to die can be the first step to getting more out of our lives and, in this clip, Bronnie shares some of the life lessons that people often learn too late. Thanks to our sponsor <https://www.drinkag1.com/livemore> Support the podcast and enjoy Ad-Free episodes. Try FREE for 7 days on Apple Podcasts <https://apple.co/feelbetterlivemore>. For other podcast platforms go to <https://fblm.supercast.com>. Find out more about my NEW Journal here <https://drchatterjee.com/journal> and click here <https://drchatterjee.com/events> to join me at an exclusive event on 29th February. Show notes and the full podcast are available at drchatterjee.com/383 Follow me on [instagram.com/drchatterjee](https://www.instagram.com/drchatterjee) Follow me on [facebook.com/DrChatterjee](https://www.facebook.com/DrChatterjee) Follow me on twitter.com/drchatterjeeuk DISCLAIMER: The content in the podcast and on this webpage is not intended to constitute or be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your doctor or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have heard on the podcast or on my website.

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