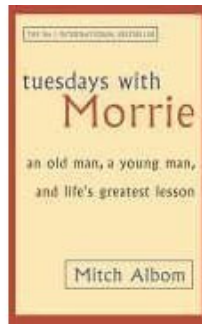


Book Review



"Tuesdays with Morrie" By Mitch Albom

Published by Doubleday, New York, 1997

"Tuesdays with Morrie" is a delightful book about aging and relationships. It's not a book about how to die, but how to live.

Morrie Schwartz was a college professor, teaching sociology at Brandeis University in the city of Waltham, Massachusetts. Morrie contacted amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease, on a humid day in August 1994. It's a brutal, unforgiving illness of the neurological system. It's a wasting away of the muscles from the feet up and it's terminal.

Mitch Albom, a former student and one of Morrie's favourites, according to Morrie's wife, Charlotte, was working as a sports reporter in Detroit. Juggling his time between, his work, his girlfriend, who was a part-time

singer and his other commitments, Albom was a self-centred workaholic.

Until one day an event changed his life forever. In a Hotel room after covering a sports event, and as usual trying to do many things at the same time, talking to his girlfriend on the phone and flipping through the channels of the TV, he suddenly came across an interview with a familiar face. It was the face of his old professor Morrie Schwartz. Morrie was sharing about his illness.

Albom decided to visit his old friend. One Tuesday he flies to Boston and finally meets his "coach". And every Tuesday hence, Albom will visit Morrie and it eventually becomes a lesson for him about relationships, forgiveness, love, unselfishness and life.

Read this book, if it does not change your life it will surely provoke it. As Amy Tan writes at the back cover of the book, "I love this book. I've been telling all my friends 'You have to read this.'This is a true story that shines and leaves you forever warmed by its afterglow".

Fr. Glenn de Cruz, C.Ss.R.