

Four essays enlighten life transitions:

Egnew envisions that by helping patients to construct their illness stories, healers can help people dealing with chronic and terminal illness to transcend the suffering provoked by the degradations of their illness.¹⁶

Finkelstein uses lived experience and an anthropologist's eye to reflect on the new life promised and pursued after a total colectomy for ulcerative colitis.¹⁷

Reuben explicates what might happen if the balance of physicians' responsibilities shift from transactional tasks toward personalized care.¹⁸

Loxterkamp presents a deeply personal yet universal reflection on the unrest and prospects of stepping back from a full life as a family physician into the as yet uncertain possibilities of retirement.¹⁹ I encourage multi-generational groups to use this article as a basis for personal and shared contemplation about loosening current attachments and being open to new possibilities. Please share the results of these reflections and discussions in the TRACK comments related to this essay.

We welcome you to join the online discussion for each of the articles at <http://www.AnnFamMed.org>.

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