



# Living Life To Its Fullest: Stories of Occupational Therapy

*Edited by, Ashley Hofmann, Molly Strzelecki*

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Occupational therapy enables people of all ages to live life to its fullest by helping them promote health; make lifestyle or environmental changes; and prevent - or live better with -injury, illness, or disability. By looking at the whole picture - a client's psychological, physical, emotional, and social make-up - occupational therapy assists people to achieve their goals, function at the highest possible level, maintain or rebuild their independence, and participate in the everyday activities of life. Living Life To Its Fullest™: Stories of Occupational Therapy is a collection of narratives by occupational therapy and other health care professionals, clients, and their families that individually and together articulate what occupational therapy is, how it contributes to helping individuals fully live their lives in ways that are meaningful, and how occupational therapy has helped practitioners develop and define their own lives and practices. Authors have personalized recollections of professional passion, love, advocacy, community integration, spirituality, roles, occupations, and purposeful and meaningful activities is a way that will invigorate and inspire readers.

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