

## **Facebook post by Liam Neeson**

(5 years after his wife died in a skiing accident)

“They say the hardest thing in the world is losing someone you love.

“Someone you grew old with and watched grow every day. Someone who showed you how to love. It’s the worst thing to ever happen to anyone.

“My wife died unexpectedly. She brought me so much joy.

“She was my everything. Those 16 years of being her husband taught me how to love unconditionally.

“We have to stop and be thankful for our spouses. Because life is very short.

“Spend time with your spouses. Treat them well. Because, one day, when you look up from your phone, they won’t be there anymore.

“What I truly learned most of all is, live and love every day like it’s your last.

“Because one day it will be. Take chances and go and live life. Tell the ones you love, that you love them every day. Don’t take any moment for granted.

“Life is worth living.”