



# One Life to Give: A Path to Finding Yourself by Helping Others

*Andrew Bienkowski*

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**One Life to Give: A Path to Finding Yourself by Helping Others** Andrew Bienkowski  
**Find Yourself by Helping Others—Life Lessons from an Extraordinary Story of Sacrifice and Survival**

In the winter of 1939, five-year-old Andrew Bienkowski was exiled to Siberia with his family. The two years of struggle that followed—especially his grandfather’s amazing act of sacrifice during their first long, cold winter—have informed the rest of Andrew’s life. Thanks to his devoted mother, his quick-witted grandmother, and the unexpected kindness of strangers, Andrew established an approach to life that emphasizes helping others as the essential path to finding our greatest human fulfillment.

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