

Living Meaningfully Dying Joyfully The Profound Practice Of Transference Of Consciousness

We all sit on the edge of a mystery. We have only known this life, so dying scares us—and we are all dying. But what if dying were perfectly safe? What would it look like if you could approach dying with curiosity and love, in service of other beings? What if dying were the ultimate spiritual practice? Ram Dass and Mirabai Bush began their friendship more than four decades ago at the foot of their guru, Neem Karoli Baba, also known as Maharaj-ji. He transmitted to them a simple philosophy: love everyone, tell the truth, and give up attachment to material things. After impacting millions of people through the years with these teachings, they have reunited once more with *Walking Each Other Home* to enlighten and engage readers on the spiritual opportunities within the dying process. They generously share intimate personal experiences and timeless practices, told with courage, humor, and heart, gently exploring every aspect of this journey. And, at 86 years old, Ram Dass reminds us, “This time we have a real deadline.” In *Walking Each Other Home*, readers will learn about: guidelines for being a “loving rock” for the dying, how to grieve fully and authentically, how to transform a fear of death, leaving a spiritual legacy, creating a sacred space for dying, and much more. “Everybody you have ever loved is a part of the fabric of your being now,” says Ram Dass. The body may die, but the soul remains. Death is an invitation to a new kind of relationship, in the place where we are all One. Join these two lifelong friends and spiritual luminaries as they explore what it means to live and die consciously, remember who we really are, and illuminate the path we walk together.

We are alive, therefore we will die. This is the simplest, most obvious truth of our existence, yet very few of us have really come to terms with this fact. This inspiring book helps us to live a happy and meaningful life, to prepare for death and to help others who are dying. In this way, instead of something to be feared or denied, death can become a positive experience.

In Newbery Medalist Cynthia Rylant's classic bestseller, the author comforts readers young and old who have lost a dog. Recommended highly by pet lovers around the world, *Dog Heaven* not only comforts but also brings a tear to anyone who is devoted to a pet. From expansive fields where dogs can run and run to delicious biscuits no dog can resist, Rylant paints a warm and affectionate picture of the ideal place God would, of course, create for man's best friend. The first picture book illustrated by the author, *Dog Heaven* is enhanced by Rylant's bright, bold paintings that perfectly capture an afterlife sure to bring solace to anyone who is grieving.

A daily companion for embracing life, preparing for death, and awakening to reality. Anyen Rinpoche, Tibetan Buddhist master and teacher, and his longtime student and translator Allison Choying Zangmo present ancient and rich teachings on death in a contemporary, accessible manner. Learn how to release your attachments, embrace impermanence, cultivate virtue, and see the world as it really is—one day at a time. Their practical, disciplined timeline encourages step-by-step development of qualities such as lovingkindness, compassion, generosity, and patience. Each day offers a short teaching followed by a specific, concrete exercise to help you reflect on and fully integrate the message. Through vivid and evocative contemplative scenarios and action items, *Living and Dying with Confidence* brings practice off the cushion and into ordinary life.

Buddhist teachings reveal guidance for proper breathing and realizing inner potential, in order to better approach financial, relationship, and career issues.

In this moving and compassionate classic—now updated with new material from the authors—hospice nurses Maggie Callanan and Patricia Kelley share their intimate experiences with patients at the end of life, drawn from more than twenty years' experience tending the terminally ill. Through their stories we come to appreciate the near-miraculous ways in which the dying communicate their needs, reveal their feelings, and even choreograph their own final moments; we also discover the gifts—of wisdom, faith, and love—that the dying leave for the living to share. Filled with practical advice on responding to the requests of the dying and helping them prepare emotionally and spiritually for death, *Final Gifts* shows how we can help the dying person live fully to the very end.

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New Age Books
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A Bodhisattva is someone who has resolved to liberate all living beings from suffering by fulfilling his or her full spiritual potential. Many people have the compassionate wish to benefit others, but few understand how to make this wish effective in their daily life. In this highly acclaimed explanation of the great Buddhist classic, *Guide to the Bodhisattva's Way of Life*, Geshe Kelsang shows how we can develop and maintain the supremely compassionate motivation of a Bodhisattva, and how we can then engage in the actual practices that provide the greatest benefit to others and lead to the attainment of full enlightenment.

The heart of Buddha's teachings is unconditional love and compassion. In this inspired explanation of the popular Buddhist poem *Training the Mind in Seven Points*, Geshe Kelsang reveals powerful and far-reaching methods for us to develop these altruistic states. Ancient meditative techniques that have been tried and tested for centuries are brought alive and made relevant to our everyday experiences. Also included is a practical and uplifting explanation of how we can transform our day-to-day living—including even the most demanding and difficult conditions—into opportunities for personal and spiritual development. By pointing the way to an unchanging freedom and happiness, this immensely readable book challenges us to grow, and will have a remarkable impact on our life.

Kadampa Buddhism is a special presentation of Mahayana Buddhism that makes the path to enlightenment accessible to the modern world by showing clearly how we can transform our lives into the spiritual path. In this book Geshe Kelsang Gyatso, a meditation master of this living tradition, explains two essential spiritual practices. The first is a special meditation practice through which we can receive blessings and gain the realizations of the path to enlightenment. The second is meditation on the Buddha of Wisdom in the aspect of a Dharma Protector, whereby we can gain the inner strength needed to overcome all obstacles to our spiritual practice.

A New York Times bestseller! From the celebrated author of *Nickel and Dimed*, Barbara Ehrenreich explores how we are killing ourselves to live longer, not better. A razor-sharp polemic which offers an entirely new understanding of our bodies, ourselves, and our place in the universe, *NATURAL CAUSES* describes how we over-prepare and worry way too much about what is inevitable. One by one, Ehrenreich topples the shibboleths that guide our attempts to live a long, healthy life -- from the importance of preventive medical screenings to the concepts of wellness and mindfulness, from dietary fads to fitness culture. But *NATURAL CAUSES* goes deeper -- into the fundamental unreliability of our bodies and even our "mind-bodies," to use the fashionable term. Starting with the mysterious and seldom-acknowledged tendency of our own immune cells to promote deadly cancers, Ehrenreich looks into the cellular basis of aging, and shows how little control we actually have over it. We tend to believe we have agency over our bodies, our minds, and even over the manner of our deaths. But the latest science shows that the microscopic subunits of our bodies make their own "decisions," and not always in our favor. We may buy expensive anti-aging products or cosmetic surgery, get preventive screenings and eat more kale, or throw ourselves into meditation and spirituality. But all these things offer only the illusion of control. How to live well, even joyously, while accepting our mortality -- that is the vitally important philosophical challenge of this book. Drawing on varied sources, from personal experience and sociological trends to pop culture and current scientific literature, *NATURAL CAUSES* examines the ways in which we obsess over death, our bodies, and our health. Both funny and caustic, Ehrenreich then tackles the seemingly unsolvable problem of how we might better prepare ourselves for the end -- while still reveling in the lives that remain to us.

Ocean of Nectar is first complete commentary in English to Chandrakirti's classic Guide to the Middle Way, one of the most important scriptures in Mahayan Buddhism and regarded to this day as the principal text on emptiness, the ultimate nature of reality. In this long-awaited major work Geshe Kelsang provides an entirely new translation of Chandrakirti's verse masterpiece and explains with outstanding clarity the philosophical reasoning establishing Buddha's most profound view of the middle way.

"A beautiful debut, funny, tender, and animated by a willingness to confront life's obstacles and find a way to survive. . . . It celebrates friendship, finds meaning in difficulty and lets the reader explore dark places while always allowing for the possibility of light. Lenni and Margot are fine companions for all our springtime journeys."—Harper's Bazaar, UK A charming, fiercely alive and disarmingly funny debut novel in the vein of John Green, Rachel Joyce, and Jojo Moyes—a brave testament to the power of living each day to the fullest, a tribute to the stories that we live, and a reminder of our unlimited capacity for friendship and love. An extraordinary friendship. A lifetime of stories. Seventeen-year-old Lenni Pettersson lives on the Terminal Ward at the Glasgow Princess Royal Hospital. Though the teenager has been told she's dying, she still has plenty of living to do. Joining the hospital's arts and crafts class, she meets the magnificent Margot, an 83-year-old, purple-pajama-wearing, fruitcake-eating rebel, who transforms Lenni in ways she never imagined. As their friendship blooms, a world of stories opens for these unlikely companions who, between them, have been alive for one hundred years. Though their days are dwindling, both are determined to leave their mark on the world. With the help of Lenni's doting palliative care nurse and Father Arthur, the hospital's patient chaplain, Lenni and Margot devise a plan to create one hundred paintings showcasing the stories of the century they have lived—stories of love and loss, of courage and kindness, of unexpected tenderness and pure joy. Though the end is near, life isn't quite done with these unforgettable women just yet. Delightfully funny and bittersweet, heartbreaking yet ultimately uplifting, *The One Hundred Years of Lenni and Margot* reminds us of the preciousness of life as it considers the legacy we choose to leave, how we influence the lives of others even after we're gone, and the wonder of a friendship that transcends time.

A guide to the Buddha's teachings explains the fundamentals of Buddhist meditation and philosophy and provides practical explanations for developing compassion and wisdom to achieve lasting happiness.

This famous and universally loved poem for daily living has inspired many generations of Buddhists and non-Buddhists since it was first composed in the 8th century by the famous Indian Buddhist master Shantideva. This new translation, made under the guidance of Geshe Kelsang Gyatso, conveys the great lucidity and poetic beauty of the original, while preserving its full impact and spiritual insight. Reading these verses slowly, while contemplating their meaning, has a profoundly liberating effect on the mind. The poem invokes special positive states of mind, moves us from suffering and conflict to happiness and peace, and gradually introduces us to the entire Mahayana Buddhist path to enlightenment.

Guiding readers in learning how to respond to difficult situations with a positive, peaceful mind, this resource educates on how to turn challenges into opportunities for mental and spiritual growth and development.

Within all of us lies a source of infinite bliss, clarity of wisdom, and compassion for others. In this unique and highly praised book, based on Buddha's Tantric teachings, the contemporary Buddhist Master, Geshe Kelsang Gyatso, presents authentic methods for discovering this inner wealth for ourselves. In a clear and precise way, he explains step-by-step how we can generate a deeply peaceful and concentrated mind by harnessing the subtle energy system within our body. With this blissful awareness we can uncover our true nature, destroy ignorance and suffering at its root, and swiftly become a source of inspiration and benefit for others. -- Publisher description.

Heart of Wisdom is based on an oral commentary to the Essence of Wisdom Sutra (the Heart Sutra), which was given by the author at Manjushri Mahayana Buddhist Centre in England. The Heart Sutra, one of the best known and most popular of Mahayana Buddhist scriptures, contains the essence of Buddha's teachings on emptiness and the methods to develop the wisdom that understands this ultimate reality. In this highly acclaimed explanation of the Sutra, Geshe Kelsang reveals its explicit and implicit meanings with both clarity and authority, and relates them to the five Mahayana paths that lead to full enlightenment. Seen in modern light, Buddha had been able to perceive, even see the vast spatial distances between atoms and between sub-atomic particles filled with electrons and even sub-electrons in a state of high vibration. This atomic condition corresponds to a similar pattern in the brains of living beings and to interstellar and interplanetary gaps. The subject of emptiness as the author explains deals with perceptions leading to concept of formation and creation of a world of sense ideas which is merely a random arranging of material resources in an otherwise empty space filled with vibrations of these very particles. This is a rather difficult subject handled facilely by the author.

A verse-by-verse commentary on Shantideva's Guide to the Bodhisattva's Way of Life, this exploration illustrates how to engage in a Bodhisattva's actions by transforming daily activities through a strong, compassionate wish to benefit others. The explanations of this universally loved poem show how to ripen one's innate capacity for love, offering genuine ways to give kindness and good will to the planet and those who inhabit it. With thoughtful illumination and practical applications, the full effectiveness and profundity of this wonderful poem are revealed, giving readers steps for walking towards enlightenment.

This book offers us deep insight into our mind, and shows how an understanding of its nature and functions can be used practically in everyday experience to improve our lives. Part 1 is a practical guide to developing and maintaining a light, positive mind - showing how to recognize and abandon states of mind that harm us, and to replace them with peaceful and beneficial ones. Part 2 describes different types of mind in detail, revealing the depth and profundity of the Buddhist understanding of the mind. It concludes with a detailed explanation of meditation, showing how by controlling and transforming our mind we can attain a lasting state of joy, independent of external conditions. This special presentation of Buddha's teachings by the author of *Modern Buddhism*, offers truly liberating insights and advice for the contemporary reader. It reveals the profound meaning of the very heart of Buddha's teachings - the Perfection of Wisdom Sutras. The author shows how all our problems and suffering come from our ignorance of the ultimate nature of things, and how we can abandon this ignorance and come to enjoy pure, lasting happiness by developing a special wisdom associated with compassion for all living beings. 'Many people are very intelligent in accomplishing worldly attainments. This intelligence is not wisdom because worldly attainments such as a high position, reputation, wealth and success in business are deceptive. If we die tomorrow, they will disappear tomorrow, and nothing will be left for our future. Wisdom, however, will never deceive us. It is our inner Spiritual Guide, who leads us to the correct path. It is the divine eye through which we can see what we should know, what we should abandon, what we should practise and what we should attain.' -Venerable Geshe Kelsang Gyatso Rinpoche

A clear and comprehensive explanation of the entire path to enlightenment. We all have the potential for self-transformation, and a limitless capacity for the growth of good qualities, but to fulfil this potential we need to know what to do along every stage of our spiritual journey. With this book, Geshe Kelsang offers us step-by-step guidance on the meditation practices that will lead us to lasting inner peace and happiness. With extraordinary clarity, he presents all Buddha's teachings in the order in which they are to be practised, enriching his explanation with stories and illuminating analogies. This is a perfect guidebook to the Buddhist path.

Now in paperback, the cultural and medical history of dementia and Alzheimer's disease by a leading psychiatrist and bioethicist who urges us to turn our focus from cure to care. Despite being a physician and a bioethicist, Tia Powell wasn't prepared to address the challenges she faced when her grandmother, and then her mother, were diagnosed with dementia--not to mention confronting the hard truth that her own odds aren't great. In the U.S., 10,000 baby boomers turn 65 every day; by the time a person reaches 85, their chances of having dementia approach 50 percent. And the truth is, there is no cure, and none coming soon, despite the perpetual promises by pharmaceutical companies

that they are just one more expensive study away from a pill. Dr. Powell's goal is to move the conversation away from an exclusive focus on cure to a genuine appreciation of care--what we can do for those who have dementia, and how to keep life meaningful and even joyful. *Reimagining Dementia* is a moving combination of medicine and memoir, peeling back the untold history of dementia, from the story of Solomon Fuller, a black doctor whose research at the turn of the twentieth century anticipated important aspects of what we know about dementia today, to what has been gained and lost with the recent bonanza of funding for Alzheimer's at the expense of other forms of the disease. In demystifying dementia, Dr. Powell helps us understand it with clearer eyes, from the point of view of both physician and caregiver. Ultimately, she wants us all to know that dementia is not only about loss--it's also about the preservation of dignity and hope.

An insightful collection of teachings about death and dying to help face life's greatest mystery calmly and with equanimity. Lifetimes of effort go into organizing, designing, and structuring every aspect of our lives, but how many people are willing to contemplate the inevitability of death? Although dying is an essential part of life, it is an uncomfortable topic that most people avoid. With no idea what will happen when we die and a strong desire to sidestep the conversation, we make all kinds of assumptions. *Living Is Dying* collects teachings about death and the bardos that have been passed down through a long lineage of brilliant Buddhist masters, each of whom went to great lengths to examine the process in minute detail. Renowned author and teacher Dzongsar Jamyang Khyentse responds to the most common questions he's been asked about death and dying--exploring how one prepares for death, what to say to a loved one who is dying, and prayers and practices to use as a handhold when approaching the unknown territory of death. Whether you are facing death today or decades from now, preparing for it can help to allay your worst fears and help you appreciate what it means to be truly alive.

The *New Meditation Handbook* is a practical guide to meditation that teaches us how to make ourself and others happy by developing inner peace, and in this way making our lives more meaningful. Without inner peace there is no real happiness at all. Problems, suffering and unhappiness do not exist outside the mind; they are feelings and thus part of our mind. Therefore, it is only by controlling our mind that we can permanently stop our problems and make ourself and others truly happy. The twenty-one Buddhist meditation practices presented in this book are actual methods to control our mind and experience lasting inner peace. This extremely practical guide is an indispensable handbook for those seeking happiness and meaning in their lives. This book gives practical advice on how we can solve our daily problems of uncontrolled desire, anger and ignorance, and how to make our human life meaningful.

A life-limiting illness may have taken hold of your body, but you can still live more fully and openly than ever before. You can enrich your life by exploring ways to make peace with yourself and deepen connections with friends and family. This book will help you reap the benefits of mindfulness and acceptance, one day at a time. *Leaves Falling Gently* is a comforting guide to the mindfulness and compassion practices that will help you embrace the present moment, despite your illness. With each simple practice, you'll deepen your appreciation for the experiences that bring you joy and enhance your capacity for gratitude, generosity, and love. As you work through each personal reflection and guided meditation, you'll regain the strength to live fully, regardless of the changes and challenges that come.

An instant New York Times bestseller *Two spiritual giants. Five days. One timeless question.* Nobel Peace Prize Laureates His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships—or, as they would say, because of them—they are two of the most joyful people on the planet. In April 2015, Archbishop Tutu traveled to the Dalai Lama's home in Dharamsala, India, to celebrate His Holiness's eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: How do we find joy in the face of life's inevitable suffering? They traded intimate stories, teased each other continually, and shared their spiritual practices. By the end of a week filled with laughter and punctuated with tears, these two global heroes had stared into the abyss and despair of our time and revealed how to live a life brimming with joy. This book offers us a rare opportunity to experience their astonishing and unprecedented week together, from the first embrace to the final goodbye. We get to listen as they explore the Nature of True Joy and confront each of the Obstacles of Joy—from fear, stress, and anger to grief, illness, and death. They then offer us the Eight Pillars of Joy, which provide the foundation for lasting happiness. Throughout, they include stories, wisdom, and science. Finally, they share their daily Joy Practices that anchor their own emotional and spiritual lives. The Archbishop has never claimed sainthood, and the Dalai Lama considers himself a simple monk. In this unique collaboration, they offer us the reflection of real lives filled with pain and turmoil in the midst of which they have been able to discover a level of peace, of courage, and of joy to which we can all aspire in our own lives.

A life of fun, magic and love is within everyone's reach. Learn how to change your life, beginning today, to feel wonderful all the time. Learn to live lightly and playfully. Choose how much happiness you want in every moment. These seven tools and practices bring joyful living to anyone.

This inspiring book explains how to meditate on eight beautiful verses that comprise one of Buddhism's best-loved teachings, *Eight Verses of Training the Mind*. Composed by the great Tibetan Bodhisattva, Geshe Langri Tangpa, this short poem shows how we can transform all life's difficulties into valuable spiritual insights. Geshe Kelsang Gyatso reveals practical ways in which we can use this timeless wisdom to find meaning and lasting happiness in our busy modern lives.

"How can you take the fear of death and turn it into something profound, something positive? What is the alchemy that allows someone who is in a metaphorical desert to turn around and see a flower?"—Tina L. Staley "Death—the last sleep? No, it is the final awakening."—Sir Walter Scott Most of us try to avoid thinking about death until the moment we come face-to-face with it. But when we have the courage to accept our inevitable mortality—and even to contemplate it actively, as a spiritual practice—we open the door to living fully, joyfully, and in complete presence. *Living Fully, Dying Well* is an investigation into the challenge each of us faces—to embrace all of life, from the beginning to the end. When death approaches, many of us undergo a profound transformation—we let go of old distractions and focus with new clarity on what gives our life meaning. Yet we can invite these profound "deathbed revelations" at any point in our lives by engaging in an honest inquiry into our own mortality. *Living Fully, Dying Well* provides a doorway to begin your own exploration of the mysteries of death—from the cultural myths about dying, to the personal fears we all share, to the question of what becomes of us beyond this life. *Living Fully, Dying Well* unfolds as a dialogue between spiritual leaders and medical healers, each of whom brings their own unique perspective to the universal human experience of death. These luminaries offer their stories, their insights, and their most valuable practices, all to transform death from a source of fear to an opportunity to reveal the true richness of your life. *Living Fully, Dying Well* has received the following awards: 2010 Gold Independent Publishers Award (IPPY)—Aging/Death & Dying 2010 Gold Nautilus Award—Grieving/Death & Dying 2010 Gold Living Now Award—Grieving/Death & Dying

Tharpa Publications is delighted to announce *The Oral Instructions of Mahamudra Second Edition*. In this special edition,

Venerable Geshe-la has made numerous revisions and clarifications to guide the reader ever more confidently through the profound and world-transforming practice of Mahamudra – the very essence of Buddha's teachings of Sutra and Tantra. This precious book reveals the uncommon practice of Tantric Mahamudra of the Ganden Oral Lineage, which the author received directly from his Spiritual Guide, Vajradhara Trijang Rinpoche. It explains clearly and concisely the entire spiritual path from the initial preliminary practices to the final completion stages of Highest Yoga Tantra that enable us to attain full enlightenment in this life.

Puesto que vivimos, vamos a morir. Aunque esta es la verdad ms sencilla y evidente de nuestra existencia, muy pocos la aceptamos. Esta inspiradora obra nos ayuda a aprovechar al mximo nuestra existencia humana, a prepararnos para la muerte sabiendo aceptarla sin miedos y a ayudar a los que estn muriendo.

Make small changes to your surroundings and create extraordinary happiness in your life with groundbreaking research from designer and TED star Ingrid Fetell Lee. Next Big Idea Club selection—chosen by Malcolm Gladwell, Susan Cain, Dan Pink, and Adam Grant as one of the "two most groundbreaking new nonfiction reads of the season!" "This book has the power to change everything! Writing with depth, wit, and insight, Ingrid Fetell Lee shares all you need to know in order to create external environments that give rise to inner joy." —Susan Cain, author of *Quiet* and founder of Quiet Revolution Have you ever wondered why we stop to watch the orange glow that arrives before sunset, or why we flock to see cherry blossoms bloom in spring? Is there a reason that people—regardless of gender, age, culture, or ethnicity—are mesmerized by baby animals, and can't help but smile when they see a burst of confetti or a cluster of colorful balloons? We are often made to feel that the physical world has little or no impact on our inner joy. Increasingly, experts urge us to find balance and calm by looking inward—through mindfulness or meditation—and muting the outside world. But what if the natural vibrancy of our surroundings is actually our most renewable and easily accessible source of joy? In *Joyful*, designer Ingrid Fetell Lee explores how the seemingly mundane spaces and objects we interact with every day have surprising and powerful effects on our mood. Drawing on insights from neuroscience and psychology, she explains why one setting makes us feel anxious or competitive, while another fosters acceptance and delight—and, most importantly, she reveals how we can harness the power of our surroundings to live fuller, healthier, and truly joyful lives.

Guide to Dakini Land is a practical manual for those seeking a swift and blissful path to full enlightenment. It provides detailed instructions on the eleven yogas of generation stage, which are special methods for transforming all our daily activities into a blissful spiritual path, as well as the essential completion stage meditations that lead to full enlightenment. -- Publisher description.

With a balance of wisdom, candor, and scholarly rigor the beloved archbishop emeritus of Philadelphia takes on life's central questions: why are we here, and how can we live and die meaningfully? In *Things Worth Dying For*, Chaput delves richly into our yearning for God, love, honor, beauty, truth, and immortality. He reflects on our modern appetite for consumption and individualism and offers a penetrating analysis of how we got here, and how we can look to our roots and our faith to find purpose each day amid the noise of competing desires. Chaput examines the chronic questions of the human heart; the idols and false flags we create; and the nature of a life of authentic faith. He points to our longing to live and die with meaning as the key to our search for God, our loyalty to nation and kin, our conduct in war, and our service to others. Ultimately, with compelling grace, he shows us that the things worth dying for reveal most powerfully the things worth living for.

Timeless wisdom on death and dying from the celebrated Stoic philosopher Seneca "It takes an entire lifetime to learn how to die," wrote the Roman Stoic philosopher Seneca (c. 4 BC–65 AD). He counseled readers to "study death always," and took his own advice, returning to the subject again and again in all his writings, yet he never treated it in a complete work. *How to Die* gathers in one volume, for the first time, Seneca's remarkable meditations on death and dying. Edited and translated by James S. Romm, *How to Die* reveals a provocative thinker and dazzling writer who speaks with a startling frankness about the need to accept death or even, under certain conditions, to seek it out. Seneca believed that life is only a journey toward death and that one must rehearse for death throughout life. Here, he tells us how to practice for death, how to die well, and how to understand the role of a good death in a good life. He stresses the universality of death, its importance as life's final rite of passage, and its ability to liberate us from pain, slavery, or political oppression. Featuring beautifully rendered new translations, *How to Die* also includes an enlightening introduction, notes, the original Latin texts, and an epilogue presenting Tacitus's description of Seneca's grim suicide.

Many of us fill our lives with so much work, entertainment, and fluff that we fail to consider the reality that our personal journeys on earth must someday come to an end. This collection of essays and articles points out that human existence is a fragile, terminal gift. Accepting that encourages us to live dynamic, purposeful lives. Combining insights from thought leaders in the fields of medicine, mental health, and religion, as well as hospice, funeral directors, and those who have faced life-threatening situations, the writers and editors of this book share their honest, open views about death, dying, and the possibilities of an afterlife. Enormously compelling and easy to read, the book calls us to engage in passionate, meaningful living in the here and now. Start making every day count with *Reflections on Mortality*. I found the book helpful in setting out so many issues surrounding our death and dying. His Eminence Daniel Cardinal DiNardo, President of the U.S. Conference of Catholic Bishops I found myself asking, Why wasn't a book of this scope and impact available until now? It is a true gift to all of us. Robert J. Wicks, Psy.D., author of *Perspective: The Calm within the Storm*; *Bounce: Living the Resilient Life*

A collection of real life stories recounting interactions with terminal patients. The lessons taught by dying patients around the themes of forgiveness, acceptance, compassion, meaning, gratitude, humility, mindfulness, trust, peace, and humor offer the reader insights into living with a deeper wisdom and compassion.

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