

A Year to Live How to Live This Year as if It Were Your Last by Stephen Levine

A Year to Live: How to Live This Year as if It Were Your Last

By: Stephen Levine

<https://o33n.alphoto.cz/1tRDZJ?keyword=A+Year+to+Live%3a+How+to+Live+This+Year+as+if+It+Were+Your+Last>

ISBN-13: 9780609801949

“Stephen Levine has worked creatively to help thousands of people approach their own deaths with equanimity, truth, and an open heart. I can think of no one better qualified to help us enrich our lives through embracing the mystery of death.”— Ram Dass “ A Year to Live is a poetic and deeply passionate exploration into what creates human suffering. It is also a lyrical and generous-spirited guide to life.”— San Francisco Examiner In A Year to Live , Stephen Levine, author of the perennial bestseller Who Dies?, teaches us how to live each moment, each hour, each day mindfully—as if it were all that was left. On his deathbed, Socrates exhorted his followers to practice dying as the highest form of wisdom. Levine decided to live this way himself for a whole year, and now he shares with us how such immediacy radically changes our view of the world and forces us to examine our priorities. Most of us go to extraordinary lengths to ignore, laugh off, or deny our grief over the fact that we are going to die, but preparing for death is one of the most rational and rewarding acts of a lifetime. It is an exercise that gives us the opportunity to deal with unfinished business and enter into a new and vibrant relationship with life. Levine provides us with a year-long program of intensely practical strategies and powerful guided meditations to help with this work, so that whenever the ultimate moment does arrive for each of us, we will not feel that it has come too soon.

tags:

PDF Free A Year to Live: How to Live This Year as if It Were Your Last


Read Kindle A Year to Live: How to Live This Year as if It Were Your Last


A Year to Live: How to Live This Year as if It Were Your Last Full Text

Free Reading A Year to Live: How to Live This Year as if It Were Your Last

A Year to Live: How to Live This Year as if It Were Your Last Online Library

A Year to Live: How to Live This Year as if It Were Your Last Free Book

 Difficulté Facile

 Durée 814 heure(s)

 Catégories Mobilier, Bien-être & Santé, Sport & Extérieur, Jeux & Loisirs, Science & Biologie

 Coût 440 EUR (€)

Sommaire

Étape 1 -

Commentaires

Matériaux

Outils

Étape 1 -