



Fear of Death: It's About Life, Actually: Let's Talk About It

Amy Wallace

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What do all human beings have in common? Despite the self-help books about sex, money, power, happiness, weight, and relationships, there is one thing we all face that none of that guidance can prevent . . . death. What if we weren't so afraid of death, or of even talking about it? The fear of death – even when it's below our conscious awareness – underlies all fears. But, as Elisabeth Kübler-Ross and David Kessler remind us in *Life Lessons* . . . "Fear doesn't stop death; it stops life." What this book suggests is that exploring our fears about death – talking about it, learning about it – might allow us to live more fully now and to die more consciously, with less fear and less unfinished business. With thought-provoking quotes and a list of resources from the top contributors in the field, this book provides a sturdy framework for us to begin and continue our inquiry. There are practices and tools we can use along the way. The author's informal style engages us easily in considering some of the most important questions about how we want to live and how we want to die. What "Fear of Death: It's About Life, Actually. Let's Talk About It" offers is an unusual opportunity to empower ourselves with regard to those questions and – perhaps – to help this conversation become a more natural part of our lives.



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Evelyn White:

Fear of Death: It's About Life, Actually: Let's Talk About It can be one of your basic books that are good idea. We all recommend that straight away because this publication has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to place every word into joy arrangement in writing Fear of Death: It's About Life, Actually: Let's Talk About It yet doesn't forget the main stage, giving the reader the hottest as well as based confirm resource details that maybe you can be one of it. This great information could drawn you into new stage of crucial considering.

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