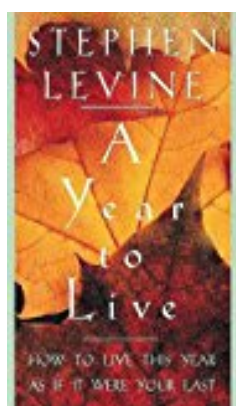


[PDF] A Year To Live: How To Live This Year As If It Were Your Last

Stephen Levine - pdf download free book



Books Details:

Title: A Year to Live: How to Live T

Author: Stephen Levine

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Description:

believed that we should "always be occupied in the practice of dying" in order to appreciate our living. So imagine that you only have one year left to live. What would you do differently? For one year Stephen Levine (also the author of ?) consciously chose activities, relationships, and spiritual practices that reflected life's urgency rather than life's complacency. From his experience comes this year-long program of strategies and guided meditations to help us feel satiated when our numbers

come up. Lessons include "Gratitude," "Disposing of the Corpse," "Finding the Lotus Before Winter," and "Beyond the House of Death." --This text refers to an out of print or unavailable edition of this title.

From Library Journal On New Year's Eve in 1994, Levine and his wife, Ondrea, vowed to live the next year as if it were their last. As a counselor for the terminally ill and author of many works on spirituality and dying, Levine has come to believe that preparing for or "practicing" death reminds one of the beauty of life. In this production of his book (Crown, 1997), Levine himself relates his experiences and emotions in his yearlong experiment in "conscious living." He emphasizes his philosophies about life and death rather than giving a month-by-month account. Drawing on the dogma of many faiths including Buddhism, Native American religions, and Christianity, Levine describes the dying process as a change of state. Laden with New Age terminology, Levine's prose tends to sound stilted. Recommended only where the author has a strong following. Beth Farrell, Portage Cty. Dist. Lib., Ohio
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