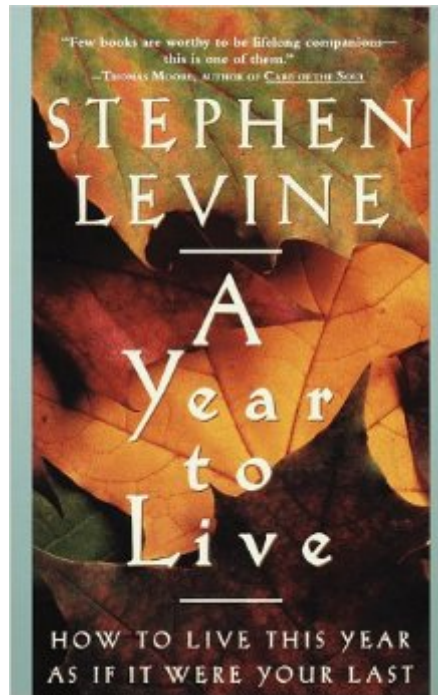


The book was found

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



Synopsis

In his new book, Stephen Levine, author of the perennial best-seller *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 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.

Book Information

Paperback: 175 pages

Publisher: Bell Tower (April 14, 1998)

Language: English

ISBN-10: 0609801945

ISBN-13: 978-0609801949

Product Dimensions: 5.1 x 0.4 x 8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (97 customer reviews)

Best Sellers Rank: #23,800 in Books (See Top 100 in Books) #50 in Â Books > Self-Help >

Relationships > Love & Loss #83 in Â Books > Self-Help > Death & Grief #96 in Â Books > Politics & Social Sciences > Philosophy > Ethics & Morality

Customer Reviews

Stephen Levine has worked with the Dying for several years, and wrote this book as an exercise to prepare to die by preparing to live. He relates his personal insights of the dynamic process of dying, and suggests an exercise to be undertaken by one who knows they have... only one year to live. This is an exceptionally difficult book to review. On the five-star side, the author has some exceptional credentials and the work has been well-reviewed by people with a wide variety of perspectives. Some of his exercises (such as his "soft-belly" meditation, his advice to carefully observe our thoughts-as-they-arise, and his suggestions to recall and bid farewell to our most

pleasant memories and to forgive our worst ones) are simply wonderful. They have aided my own practice immensely. I commend his gentle assurances that, despite our fears, All Should Be Well (most religious leaders have said the same thing). I think the author has made a noble effort to tackle a hugely difficult subject. On the dark side, however, I wouldn't give this book to someone imminently facing the Great Gulp unless they were pretty comfortable with the New Age view of Death. Many good people feel preparing for death requires much regret, repentance, suffering, uncertainty, angst, fear, etcetera, and this book might provoke outrage from those people at a sensitive time without any corresponding redemptive value (I indeed respect a terminally-ill reviewer who trashed this book). The author seems to feel death should be kind of a peaceable, emotionally blissy, blend-with-the-infinite, far-out sort of experience. I wouldn't exactly say he views death as the spiritual equivalent of a trip to Disneyland but ... you get the picture.

[Download to continue reading...](#)

A Year to Live: How to Live This Year as If It Were Your Last A Tear And A Smile: "If you love somebody, let them go, for if they return, they were always yours. If they don't, they never were."
Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) The Book of Birthdays: What the Day You Were Born Reveals About Your Love Life, Your Career, Your Special Destiny! The Year-Round Vegetable Gardener: How to Grow Your Own Food 365 Days a Year, No Matter Where You Live Live Your Life, Not Your Diagnosis: How to Manage Stress and Live Well with Multiple Sclerosis Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) The Rookie: Book 2 Last Play Romance Series (A Bachelor Billionaire Companion) (The Last Play Series) Not on the Last Day, But on the Very Last: Poems World of Trouble: The Last Policeman Book III (Last Policeman Trilogy 3) Countdown City: The Last Policeman Book II (The Last Policeman Trilogy) Jorge Luis Borges: The Last Interview: and Other Conversations (The Last Interview Series) Last Days of Last Island: The Hurricane of 1856, Louisiana's First Great Storm The Savvy Resident's Guide: Everything You Wanted to Know About Your Nursing Home Stay But Were Afraid to Ask You Were Born to Succeed: Finding Your Purpose Through Numerology How To Stream Video Live 2016: Expand Your Reach In Minutes With Live Video Through Facebook, YouTube, Periscope, Livestream, Meerkat And More - Even If You Hate Being On Camera The Liver Cleansing Diet: Love Your Live and Live Longer Flawed Dogs: The Year End Leftovers at the Piddleton "Last Chance" Dog Pound

The Last Hunger Season: A Year in an African Farm Community on the Brink of Change

[Dmca](#)