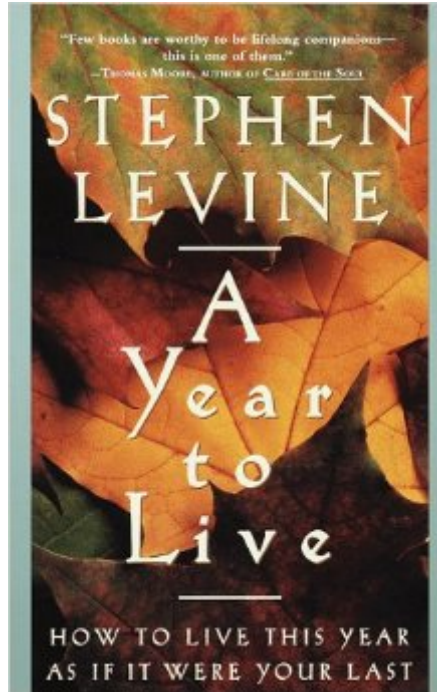


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# A Year To Live: How To Live This Year As If It Were Your Last



## 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

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

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## 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.

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