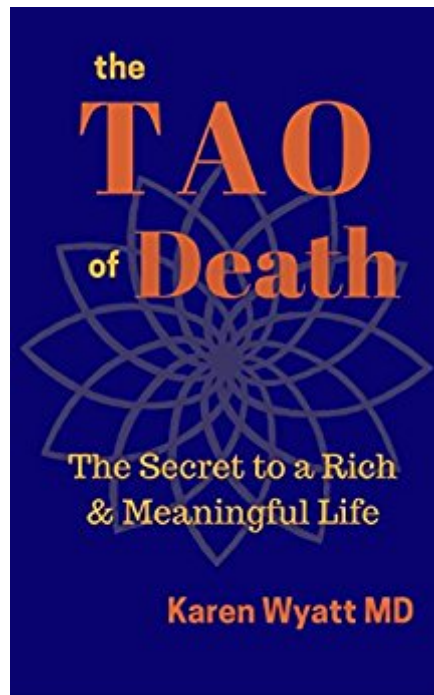


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The Tao Of Death: The Secret To A Rich & Meaningful Life



Synopsis

Find more joy and happiness in life with the simple practice of reading about death. If you are like most people in our society, you are fearful of the idea of death and live in denial of the fact that you yourself will die one day. But those who work with dying patients, like hospice physician Dr. Karen Wyatt, have reported a lessening of fear and increase in joy after being exposed to death on a daily basis. You can experience this same remarkable shift in your own mindset by becoming aware of death and intentionally thinking about it every day and this book can help you accomplish that. The Tao of Death is an adaptation of the Tao Te Ching, which was written by the ancient Chinese philosopher Lao Tzu more than 2000 years ago and has been called "the wisest book ever written." Lao-Tzu's verses are still relevant today and have inspired many spiritual seekers and teachers, including Dr. Wyatt who has used the Tao Te Ching in her own spiritual practice. She wrote The Tao of Death, to focus specifically on the wisdom and spirituality of the dying process, which has long been ignored in Western society. From understanding death as a normal process in the cycle of life, to learning how to live fully and fearlessly, to recognizing the cosmic role of life and death, this important book is for anyone who wants less fear and more joy, love, and meaning in life. Each verse is filled with simple yet profound wisdom that can inspire deep contemplation and lead to new awareness about death and dying. By reading one verse a day you will gradually reduce your own fear of death as you become comfortable with the impermanence of life. This little book could change everything in your life! Indeed, it is my hope that ultimately our entire society will be transformed by the contemplation of death. Get The Tao of Death now and begin the journey to greater joy! -Karen Wyatt MD, from the Introduction

Book Information

File Size: 841 KB

Print Length: 105 pages

Simultaneous Device Usage: Unlimited

Publisher: Sunroom Studios (August 3, 2016)

Publication Date: August 3, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01JQCJEDG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #117,053 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22

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Customer Reviews

Dr. Karen Wyatt is a remarkable modern explorer of the soul. Explorers of the land remind us why mystery still invigorates our senses, and tantalizes us with the wonder of what is beyond the next ridge. But explorers of the soul? They are needed more than ever to not only remind us how much we are surrounded by the mystery of life, but as equally by the mystery of deathâ and how the intertwining of both explains to us the greatest of our fears and desires. In her exquisite last book, âœWhat Really Matters: 7 Lessons for Living from the Stories of the Dying,â • Dr. Wyatt took us on a profoundly moving journey of her experiences as a hospice doctor, allowing us to participate in the deeply personal encounters with her patients, then to divine from the dying how to embrace life with more passion than ever. Her newest book, "The Tao of Death: The Secret to a Rich & Meaningful Life," continues her revelatory explorations of life and death. Reinterpreting one of the worldâ™s most timeless and inspirational books, Lao Tzuâ™s "Tao Te Ching," she has created a poetic masterpiece. A daily serving of her beautiful interpretation is both calming and inspiring as we contemplate the entirety of lifeâ™s symphony in which death is an interwoven part of the melody, not just a finale. From the book, we are confronted with the disturbing fact that âœA recent Harris Poll found that two thirds of Americans report feeling unhappy with life a majority of the time. So we long for lives that will never end but we donâ™t embrace the lives we have been given.â • But Dr. Wyatt does not give up on us.

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