



Living in the Light of Death: On the Art of Being Truly Alive

Larry Rosenberg

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This book presents the Buddhist approach to facing the inevitable facts of growing older, getting sick, and dying. These tough realities are not given much attention by many people until midlife, when they become harder to avoid. Using a Buddhist text known as the Five Subjects for Frequent Recollection, Larry Rosenberg shows how intimacy with the realities of aging can actually be used as a means to liberation. When we become intimate with these inevitable aspects of life, he writes, we also become intimate with ourselves, with others, with the world—indeed with all things.

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Living in the Light of Death: On the Art of Being Truly Alive can be one of your beginner books that are good idea. We recommend that straight away because this book has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The copy writer giving his/her effort to place every word into satisfaction arrangement in writing Living in the Light of Death: On the Art of Being Truly Alive nevertheless doesn't forget the main point, giving the reader the hottest along with based confirm resource data that maybe you can be one among it. This great information can easily drawn you into new stage of crucial contemplating.

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