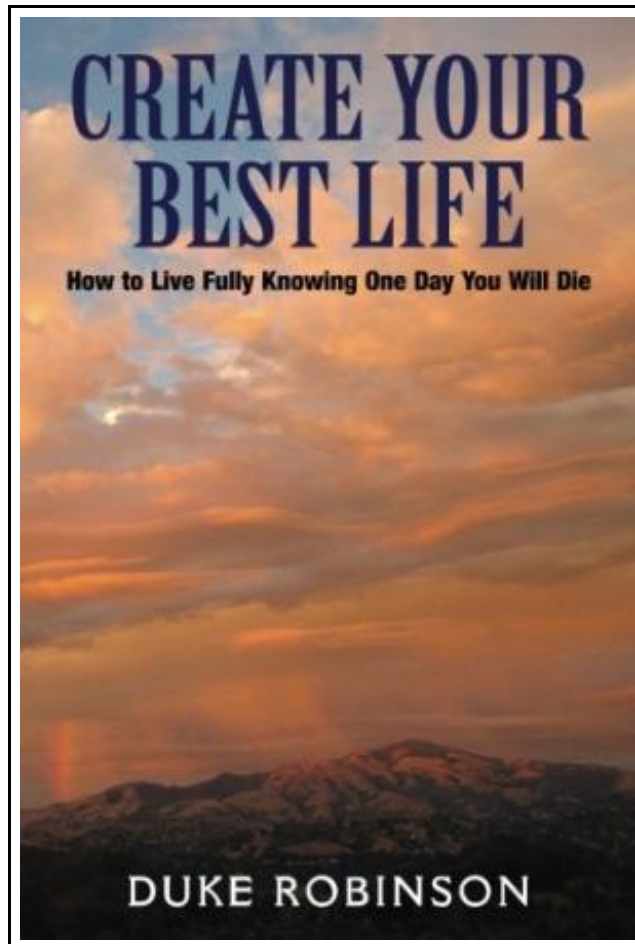


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Reviews

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Createspace, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.The author of this book assumes you love life and don't like the idea of dying. He suspects, too, that were you to die today, you are not sure you could do so at peace and be able to say, I have lived my best possible life. He also takes for granted you have retained fanciful notions you were taught as a child about living, dying, and death, including nonsense about the grim reaper. This book relentlessly pursues truth and life. In the Introduction, Robinson calls you to update your worldview so it's coherent and to be true to your self in behalf of being your best self and living your best life. In Part One, he introduces ten steps that will help you let go of childhood thinking and connect you with realistic understandings of life. He explains how to integrate three basic models of life, adopt a positive view of life that's also realistic, affirm your personal freedom, identify and choose worthy life purposes, engage life with both passion and good sense, be an authentic world citizen, defeat toxic powers and let positive ones nourish you, live creatively in the present, and open yourself to joy as well as happiness. He caps this section helping you understand what it means to trust and practice perfect love. Part Two is also about living robustly. The author distinguishes between the ongoing process of dying and death as a state of being (or non-being), and quickly rejects denial, morbidity and escapist fantasies as adequate ways to deal with them. He then elaborates on 6 creative approaches to dying and death that are honest, liberating and edifying....



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