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# staring at the sun

overcoming the terror of death

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## Staring at the Sun: Overcoming the Terror of Death



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Written in Irv Yalom's inimitable story-telling style, *Staring at the Sun* is a profoundly encouraging approach to the universal problem of mortality. In this magisterial opus, capping a lifetime of function and personal knowledge, Dr. Yalom writes, we are inspired to rearrange our priorities, communicate more deeply with those we love, appreciate even more keenly the wonder of life, and increase our willingness to take the risks essential for personal fulfillment. Yalom assists us recognize that worries of death reach the heart of a lot of our anxiety. After we confront our very own mortality, Dr. Yalom writes, such recognition is often catalyzed by an "awakening experience"



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I will keep going back again to this book. This book was quoted in another book I just finished reading and I downloaded a sample first. Before I finished the sample, I purchased the reserve. But I would suggest it for ANYONE. An intense fear of death and dying arose several times during my sickness. Now, that I've finished the publication, I feel a lot more peace, relief there are many, countless, individuals who have sensed what I have already been feeling. If you have death anxiety which will not let you get rid of some points in the rear of your mind then you should have a look. When I started reading this book, I first was scared a lot more. All this death talk! The author, Irvin D. Yalom, with his personal tales and professional psychiatric case histories, addresses this basic but terrifying fact with grace, humor, and brilliance! Every nightmare is usually a dream in which death stress provides escaped its corral and menaces the dreamer. Two such episodes were so powerful, I experienced consumed by fear of dying daily. That my fears are natural progression in life and not death premonitions. I like the queries in the Afterward and will go back over time to reply these for myself and write them down. the lack of evident death panic at a conscious level will not mean that the individual is without death stress and anxiety; Yalom. easily had only had it much sooner in my life. The book reads from the point of view of a therapist who has dedicated time to greatly help people get rid of their fear of death. D. I am actually not done scanning this but wanted to leave a review to say this book has been helping me so much. Yalom always value reading in my view. I would recommend it warmly to my friends. Among the best books I have browse. As a social work student working with older adults, and volunteering in hospice, I've found this publication to be helpful not only in my work with customers, but also in arriving at terms with the anxiousness that this work introduces in myself. I browse this as a mental health counseling college student, with an intention in existential psychotherapy. I was recently sick and acquired no medical diagnosis to my symptoms. I couldn't put it down and it provided me so much to take into account. You don't have to be thinking about mental health counseling or loss of life terror to discover this reserve amazing.. Don't miss it. This is simply not the case for Yalom's book. I've read a few of them and I usually found them missing the deep issues. I am always skeptical of such books. You go into reading it thinking why . The book is informed by the writer's years of encounter as a therapist. Regarding to Yalom, "Death anxiousness is usually omnipresent in the unconscious as an intrinsic element of the individual condition; Already, this book has given me a fresh perspective and is assisting me not be so afraid. Profound This book. Review of "Looking at the Sun: Overcoming the Terror of Death" This book, "Staring at the Sun: Overcoming the Terror of Death," is a good read for people who want to learn far more about concern with death being universal and how it negatively influences many areas of life.. I'm glad I purchased this as We am not wanting . Most likely the first time in my life I would call one publication profound." Boyd C. Just what a present..! Yalom, MD, is Professor of Psychiatry emeritus at Stanford University. Dr. Yalom confessed to being an atheist. Religious people should not merely write off Yalom's insightful conclusions since he is an atheist. The fact that Yalom can be an atheist does not invalidate his medical analysis, insights, and experience. Atheism could be intellectual or a reaction to and a protection against the God of fear-based religion. The title, "Looking at sunlight," is pregnant with meaning. Phobia can be from the Greek word "phobos"--fear. Yalom postulates that simply as a person cannot stare at the sun without being physically blinded, no-one can stare at death without being emotionally blinded. Humans possess at least one phobia. Many have more than one, plus some folks have multiple phobias. A few of the more common phobias are: acrophobia (fear of heights), agoraphobia (fear of public places), algophobia (fear of pain), claustrophobia (fear of closed spaces), hemophobia (concern with blood), mysophobia (concern with dirt/germs), pathophobia (concern with disease), xenophobia (fear of strangers), and panophobia (fear of everything). As with Yalom's other works, it is very easy to read, not too technical and filled with enough personal aspects the you feel you're actually learning something about the writer as a person. In this fascinating book, predicated on Yalom's lifetime function of studying concern with death and helping people cope with their phobias, it would appear that there is One Great

Phobia--FEAR OF DEATH! The writing is pleasant and engaging. Thank you Dr. They are besieged by the thought that they, too, will be dead--as will everyone around them." He explained that for some people, death anxiety is certainly in the background--corralled in the unconscious mind. "But for other folks, the stress is louder, unruly, tending to erupt at three in the morning, leaving them gasping at the specter of loss of life. death anxiety is conveniently aroused.. Profound and intimate. Thoughts of death might seep into and permeate your dreams regardless of how hidden from your conscious mind. I was obsessed with reading more and just dealt with the fear."Omnipresent-death stress is immeasurably exacerbated by morbid concern with God and eternal damnation in literal hell fire which is spiritual terrorism. Conversely, fear of death is greatly ameliorated by a totally-loving conception of God and a sane, practical description of purifying hell fire in the Holy Bible and various other Holy Books which are emotionally-healing and life-transforming rather than worsening fear of "The One Great Phobia! I recommend it and its hard to put down. Purcell, Ph.. Great book, tough to read I thought this book was well crafted and informative. Though he includes a Jewish heritage, Dr. Nevertheless, I could not really stop reading!. I'm happy I purchased this as I am now not wanting to give up but instead live my entire life to the fullest. Essentially, it helps you deal with issues you might have regarding death. I wouldn't allow myself fall asleep on some nights.. Not really a boring read. Therapy for a cheap price., Author of "Spiritual Terrorism: Spiritual Misuse from the Womb to the Tomb" Understanding the truth about our mortality is the easiest way to lead a far more authentic and meaningful life Understanding the truth about our mortality is the easiest way to lead a far more authentic and meaningful life. Could be distressing to learn. You go into reading it wondering why other folks have death anxiety only to realize that you, too have death stress and anxiety. The discussion is certainly deep and resonates with my very own understanding and concerns... Excellent book! Five Stars Very interesting read Excellent book! It's just not what you thought it had been! Some clinicians possess theorized that all phobias are simply different manifestations of one primary phobia--the mother of all phobias. Two Stars wasn't interesting if you ask me. An Excellent Publication for Anyone Confronting the Reality of Death This is a really powerful book, and may be my favorite I have ever read. But I would suggest it for ANYONE Incredible read. Yalom will an excellent job of assisting the reader to harness panic surrounding loss of life in a manner that enables a deeper appreciation of existence, while preventing the paralysis of fear. Yalom always worthy of reading in my view. Thoughts on . A must browse to embolden yourself.. My fears of death are so intense, occasionally I have moments I simply want to die, ironically, because it's too much to bare. Thoughts on loss of life and dying told through his encounters with customers on therapy .



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