

"Few books are worthy to be lifelong companions—
this is one of them."

—THOMAS MOORE, author of *Care of the Soul*

STEPHEN
LEVINE

A
year
to
Live

HOW TO LIVE THIS YEAR
AS IF IT WERE YOUR LAST

Stephen Levine

A Year to Live: How to Live This Year as If It Were Your Last



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In his new book, Stephen Levine, writer of the perennial best-seller *Who Dies?* On his deathbed, Socrates exhorted his supporters to practice dying as the best form of wisdom., teaches us how exactly to live each second, each hour, each day mindfully--mainly because if it had been all that was left. Most of us head to incredible lengths to ignore, laugh off, or deny the actual fact that we are likely to die, but preparing for death is one of the most rational and rewarding acts of an eternity. Levine made a decision to live this way himself for a whole year, and today he shares with us how such immediacy radically changes our watch of the globe and forces us to examine our priorities. It really is an exercise that provides 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 useful strategies and powerful guided meditations to help with this work, so that whenever the best second does arrive for every of us, we won't feel that it has come too soon.



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Being Present in Our Own Life Mr. Levine successfully addresses a sensitive subject which most Americans fear so much thinking about (much less discuss! A fitness in compassion and clarity That is a timeless classic that gently guides the readers to open-heartedly explore their mortality. However, the objective of this book isn't so the reader will concentrate on loss of life itself, but on how best to live a lifestyle if we only had twelve months to live, the operative phrase being "live". Levine will not deliver his message with a sense of the morose, on the other hand, his message is quite optimistic and positive. I highly recommend this reserve to anyone who's brave more than enough to look upon death to be an integral part of life. I love this book!v. I have no diagnosis or end in view, and am a wholesome happy woman, but I've seen way too many people die challenging deaths for which they had not ready themselves -- and I'm going to do it in a different way. deciding this book had not been for me, rather than donating it, I threw it away. for the graduates in your life. He is normally as definately not new-agey because they come, however is finding enormous worth in reading it. Through his logical approach, this helps me to comprehend the flow of existence, not to fear loss of life or existence, but to embrace it, and embrace myself and others. Instead, "A Yr to Live" is for those of us who usually do not want to reach the finish of our lives with regrets. The book helps you find pleasure, gratitude, peace, and forgiveness while we still have the required time to appreciate them. I have great hope for this experiment in living. This book we can think forward about our own loss of life by imagining we've one year to live. The main element is a willingness to look for the unseen powers of like, forgiveness (etc) and the spirituality inherent in everything. You will be grateful you did! ASsl view my peers falling ill and dying, the subject of death is very present for me. But the book is not for the physically dying. ""A Season to Live" is the book to read if you don't wish to reach the end of your life with emotions of regret, failing, shame, or loneliness. ASsl view my peers falling ill and dying, the ... Today my hubby is going through a crisis of the soul so I just purchased it for him (having loaned my duplicate out at some point). Just like the old saying, "No one on their deathbed ever says, 'I must have spent more time at the office. Stephen Levine, together with his wife, Ondrea, was a prolific author. His challenge is couched in soft language that will help consider life and loss of life in a distinctive way. Enjoy, relish, and savor. I cannot tell you how much I enjoyed this reserve. Splendidly written, but. Mindfulness meditation with the fear of death and dying. In the event that you read only 1 book this year, that is it. Enjoy, relish and savor. This book is my new Bible.. i would recommend it to everyone. An experiment in living The book arrived promptly and in perfect condition with a lovely bookmark from Florence.. Strange Book I wanted to such as this book as I've read / am familiar w/useful books compiled by the author's child, Noah Levine. i refer to it frequently. Stephen Levine gives us a template on what things to complete, pretending we've only one calendar year to live... and, this publication has led me to fill a shelf of his work. additionally it is a thoughtful gift.... Why (and How) to learn this Book I actually see that some reviewers give this publication a poor rating because (1) it lacks practical content like building a will and paying down debt, or (2)it does not realistically address the traumatizing feelings felt by somebody who is left with only a year to live.), I'm referring to the topic of death. Don't simply read this book, practise it. Stephen does it well He spent a lot of his life helping people deal with their earthly living He wrote a whole lot about that presence I've read o some of his books ,so it was a easy session to pick up this one. Finding your way through death helps us live I'm just starting my year. I read about this publication in Stephan Levine's son publication 'Dharma Punx' and it sounded very interesting. Specifically in this current society where there is indeed very much hate and aggression. The thought of what would be remaining on my imaginary to-do list if I kicked the bucket now could be very

clarifying and inspiring. Things that seem important instantly lose their thrill, others that seem small suddenly grow in importance. Stephen Levine shares his personal encounters and warmly encourages others to become 'fully born' by being fully ready to die. I read this book many years ago, and also have recommended it many times. not just those folks with challenging prognoses.. I simply thought this publication was weird and perhaps contemplating death is not a "self help" subject. I don't think I've ever completed this before... I have trained in the field of psychology and also am familiar w/buddhism and have a fledgling meditation practice (no expert, for sure, tho). Which is definitely to say: I recommend this reserve to people with MANY years to live - wherever you are in existence, read this book today! An excellent theory, but a hard read. An excellent theory, but a hard read. I purchased it because occasionally we need to believe about what's important inside our lives. Practicing dying is something that taught me a lot about what's important to me.. The author, Stephen Levine was 58 when he undertook to live for one year as if it had been his last. And serendipitously I am today 58 and seeking to live the others of my entire life more fully. Five Stars Wonderful book! The very best workout for accomplishing these claims is to imagine what you would do with your lifestyle if told you possess a year to live. Strongly suggested! It is in this grumpy previous man's thought lately. Much like the others, it can help tread the path. as important, wise and edifying... Steven Levine writes not merely to the heart of the problem with worries of death and dying, but he gives practical suggestions about how to live a more fulfilling and contented lifestyle. He suggests methods for meditation that guide you through focusing on how we approach lifestyle (our feelings and thoughts) and how we can figure out how to approach life in a healthier way through intelligence. I could never appearance at violence on the t. Thank you to Stephen for offering this book as a guide. because it brought up fear for me personally. He and others have written books to help people facing that tragic fate. Two Stars Congrats on writing a book but meh h h h h Seller was attentive to my concerns linked to the book. The book is great. Stephen Levine is among my favorite authors. After reading the first few chapters I am deeply transferred and will practice his meditations and recommendations.



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