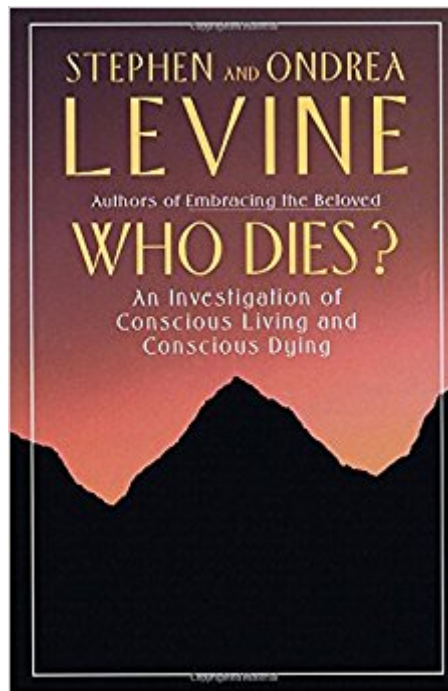




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Who Dies?: An Investigation Of Conscious Living And Conscious Dying



Synopsis

Who Dies? is the first book to show the reader how to open to the immensity of living with death, to participate fully in life as the perfect preparation for whatever may come next. The Levines provide calm compassion rather than the frightening melodrama of death.

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Customer Reviews

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Easy to read, but frank it's discussion as to why often overlook the need to come to terms with death; to prepare for it. Before we get to the gate! We often block this effort with the phrases, "it's a morbid", or "I've got my religion". What we often do not know, is that we really don't know anything for certain, and this can make death terrifying, even for those who are buoyed by religion. Steven Levin's point seems to be that life gets better when we make peace with death ahead of time. By learning to embrace and accept the unknown as it is, we change our attitude. Who knows, maybe we can join other cultures in making death a natural part of life, instead of hiding and denying it for

as long as possible, like we do in the West. Life takes on a clarity and joy gets deeper when we know that we must make the most of our lives. Written in small, topicalized, chapters, it makes a great reference guide as well. It has a Buddhist/Zen flavor, but is still applicable to all, and very down to earth. Five stars for sure!

Having read Levine's *Meetings at the Edge* I wanted to pursue /try to understand more fully what he was referring to in that first volume of interviews.... I find him to be clear, honest, compassionate.... and, so I am told, he and his wife/partner are both quite ill and yet.... still doing their blog... living their life in their dying with great grace and love.... These two books are not easy just to scan.... they take some real patience and work to grasp a whole new approach to life and death.... frankly, anyone who might die (you realise that many people don't really think that they are going to do !) would profit in all sorts of wondrous ways.... so here's to dying and living !

Stephen Levine's books are "go-to" reading in my life and especially *Who Dies?* I have owned this book for decades, have recommended it to others and recently bought a copy for my Kindle. It is comfort reading for me when I am experiencing, anticipating, or grieving the loss of a loved one. Stephen Levine's wisdom and compassion currently help me to stay present as I sit beside my mom, who has experienced a significant stroke. His words guide me as to ways I might "help" a loved one pass and at the same time prepare for my own passage whenever that may be. I am one who throughout my life has been motivated to contemplate and study death. In my contemplation and readings I have come to believe that preparing for a conscious death is an important and worthy goal. Stephen Levine is a fine teacher.

Don't let the title put you off, as it did me at first. I thought it was about dying, but turns out it is MUCH more about living. I think it is one of the very best books that Steven ever wrote, and I am sorry that I read it so very long ago that I can't remember a lot of detail. Only how much I gained in reading it at the time and my desire to read it again (after which I'll give a review with more depth, promise!).

Although this book is written from a Buddhist philosophic view of death and dying, it can be helpful to anyone. I found it very helpful when my mother was dying from dementia and again when I had a 4 month illness that they claimed was a virus, but I felt like I might be dying myself. Comes from a very compassionate and loving place toward those who are dying and their relatives. Talks about

ways to help those in coma or who are near death. Stephen Levine worked as a hospice chaplain for many years.

I picked up this book about 20 years ago when someone very close to me was undergoing some procedures that at first seemed risky. This book reminds me not to run away from pain and death but to embrace it with an open heart. I have just finished reading it for the third time

Everyone should read this....

If I were exiled to an island and could take only one book with me (what a hideous thought), this is the book I would choose. From the first day I read it, 30 years ago, this book has informed my life.

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