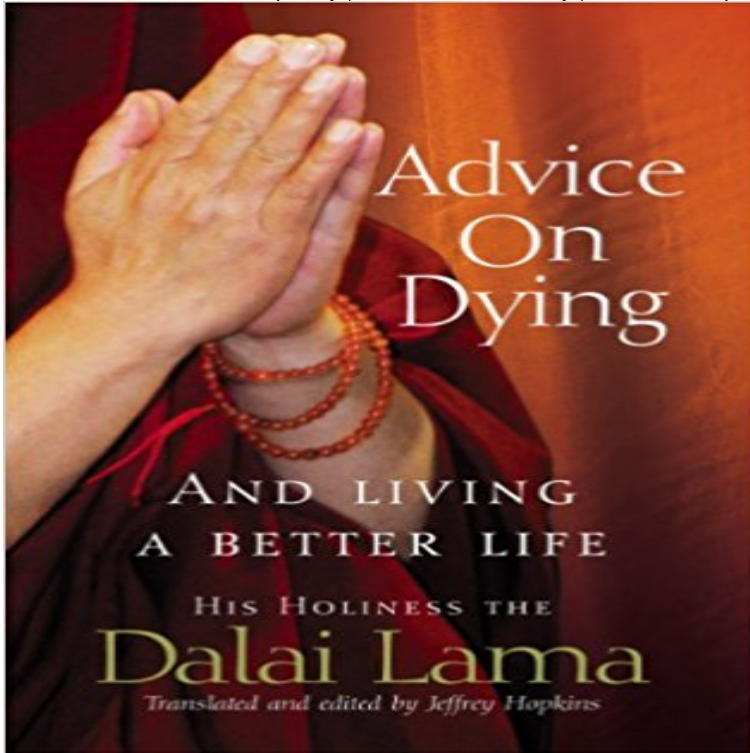


## Advice On Dying: And living well by taming the mind



In this ground-breaking book, the Dalai Lama advises us to gain familiarity with the process and practices of death so that, when we are physically weak, our minds can still be focussed in the right direction, and in the right manner. Advice on Dying cautions us not to fall under the influence of the mistaken belief of permanence. We should not think that we have a lot of time in this life, because there is a great danger of wasting our lives in procrastination. He suggests we meditate on our lives, and on the indefiniteness of the time of death. For, though the time of our death is uncertain, death itself is certain... In this empowering and positive book, His Holiness brings new inspiration to a subject that we, in the West, have long ignored to our detriment. It is only by taming our minds and fully facing the end of our lives, that we can fully live in the present moment.

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