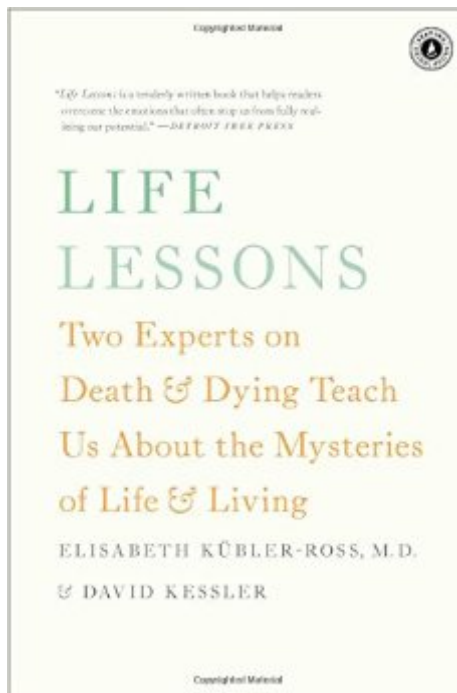


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# Life Lessons: Two Experts On Death And Dying Teach Us About The Mysteries Of Life And Living



## Synopsis

Ten years after Elisabeth Kübler-Ross's death: "An inspiring guide to life, distilled from the experiences of people who face death" the beloved classic now with a new introduction and updated resources section. Is this really how I want to live my life? Each one of us at some point asks this question. The tragedy is not that life is short, but that we often see only in hindsight what really matters. In her first book on life and living, Elisabeth Kübler-Ross joined with David Kessler to guide us through the practical and spiritual lessons we need to learn so that we can live life to its fullest in every moment. Many years of working with the dying have shown the authors that certain lessons come up over and over again. Some of these lessons are enormously difficult to master, but even the attempts to understand them can be deeply rewarding. Here, in fourteen accessible chapters, from the Lesson of Love to the Lesson of Happiness, the authors reveal the truth about our fears, our hopes, our relationships, and, above all, about the grandness of who we really are.

## Book Information

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## Customer Reviews

This book teaches how to live a richer life. Many have attained this by near death experiences. Many of us have not had such experience but can learn from those who have if we choose to. I loved this book. I would also recommend the book An Encounter With A Prophet

I have had the privilege and honor of working in hospice nursing for several years now. Sometimes it seems that there just aren't ways to put into words that valuable lessons that those that are so close to leaving this world have to teach us. I listened to the tape version, which I have to

say was wonderful. I feel like Kessler and Ross put into words so much of what is experienced when faced with the ending of this chapter we call life. Death is not ugly, scary, horrible, if you are touched by it, you really can learn from it. Ross and Kessler in their work with the dying remind us that this time we have here on this planet is not forever. What we say and do everyday to the one's we love, this lovely book reminds us that they may be the last words we say and hear from our dear ones. It is not meant to scare us. life is limited. No one, not one person is immune from death. I see it everyday. It is not scary, but it is a journey in itself and a teacher, to teach us that we want to look back and say I didn't fill my life with anger, I remembered to love because this day can be my last. I remembered to live, and I will tell you that is one of the greatest lessons I have learned from the "dying". Boy do they live. laughter surrounds, hugs are free, words are shared. I don't usually hear stories about how many hours a person worked, or how much money they made, or what clothes they had. They tell me about who they knew, who they loved and love, they show me albums, letters. They talk about their spiritual beliefs. They laugh, they cry. It may sound like I am getting off they subject of the book, but I am not. This IS what the book is about. LIVING now. Remember to Live.

Life Lessons is one of those books that EVERYONE should read. It is a call to all of us to live deeper richer lives. Because so many of the thoughts and lessons are taken from individuals who are near death, including author, Elizabeth Kubler Ross, each lesson is deeply inspiring and profound. I work as a hospital chaplain and have read many books on death and dying, but none has captured the wisdom and spirit that those near death offer us in the same way that Life Lessons does.

I've read about 1,000 "self-help" books in the past 15 years. I can honestly say that this slim volume is the best book I've ever read on the importance of living in the now, of forgiving, of being truly present to your life DESPITE the inevitable trials we all face. I cannot recommend this enough. I plan on buying this for everyon on my Christmas list because I thionk that these two have said, it and said it well.

Life Lessons wrote by Elisabeth Kubler - Ross and David Kessler. In this book, the authors guide readers through the practical and spiritual lessons of everyday existence. It teaches us about the mysteries of life and living. Each chapter easily read and is presented as a lesson with a theme such as living authentically, dealing with anger, releasing guilt, facing fear and learning to surrender.

The chapters are as powerful on their own as they are if we read them cover-to-cover. It is very useful for our lives to its fullest. First of all, this book is very easy to understand. The author used a lot of true examples of our lives to explain the definition of the live. For example, meet the car accident, gets the disease, and face the challenge, these situations usually happen and relate to us. The author gives us the advice how to reduce the mental obstructions. They shared their experiences how to deal with the death and dying. Second, in the book, it told us what the most important thing in our lives is. It's live life without regret, without fear, with inner peace. It helps us to set up the plan step by step to build our beautiful future. It helps us see that things happen for a reason. It really touches my emotional source. The author told us learning giving and receiving the love. From this viewpoint, we can realize love is the source of the happiness. Finally, learning forgiveness also is the important part of the book. That is the best way to heal wound. In conclusion, this book is the best book I have read in a very long time. It is a gentle and inspiring book bent on helping the reader move to a more authentic life. I think this is a great book for the reader. Hopefully, you can enjoy this book and learn more life's experiences from it as me.

I have been a big fan of Elisabeth Kubler-Ross for many years. I'm glad she hasn't passed on yet because she clearly has a lot to tell us still!! David Kessler's experiences add value to the book as well. The chapters are each written on a particular lesson: Time, Fear, Anger, Play, etc... and within each the authors "talk" about the lesson flowing back and forth between each other, presenting their own insights and personal accounts of friends, and patients. This book is terrific if you are interested in learning about life. You will learn the key lessons from people who have been terribly sick or are terminally ill. They have much to teach, because as the book says.. They have nothing to lose anymore. Here is a quote from the section in the book on Patience..."And remember that God and the universe are not ultimately just working on the situation: they're working on you. If you're wondering why the universe isn't solely focused on getting you the great job offer, it's because the universe isn't always concerned with which job you have. The picture is much bigger than your job. Neither is the universe always concerned whether or not you're married-it's more concerned with your experience of love than who is or is not in your life. And rather than focusing solely on your health, the universe is more concerned with your experience of life, whatever the conditions may be. The universe is concerned with who you are, and it will bring into your life, in whatever the situations, in whatever time, what you need to become the person you're supposed to be. The key lies in trusting-and having patience."

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