



There's More to Dying than Death

Lama Shenpen Hookham

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There's More to Dying Than Death draws on the Tibetan Buddhist tradition of positively preparing for death throughout one's life. Lama Shenpen Hookham offers Westerners like herself a warm, readable and heartfelt exposition on the issues that surround death and caring for the dying, including: how meditation helps us understand death; the stages of death and rebirth; how the living can help the dead or dying; practical planning for one's own death. There's More to Dying Than Death is of great interest to anyone seeking a spiritual perspective on death and a deeper experience of being truly alive.

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