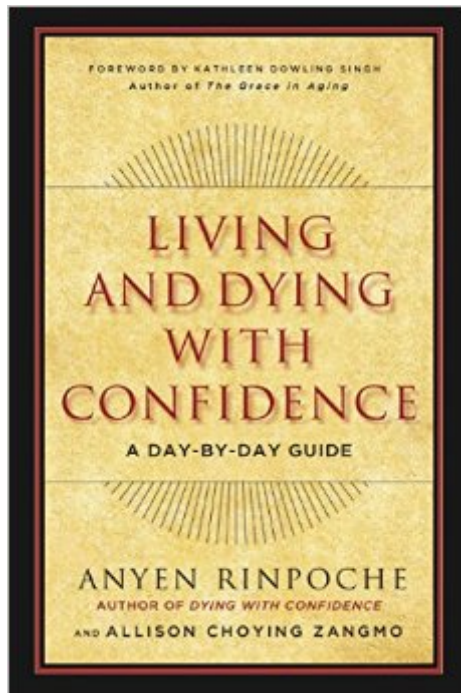


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# Living And Dying With Confidence: A Day-by-Day Guide



## Synopsis

A daily companion for embracing life, preparing for death, and awakening to reality. Anyen Rinpoche, Tibetan Buddhist master and teacher, and his longtime student and translator Allison Choying Zangmo present ancient and rich teachings on death in a contemporary, accessible manner. Learn how to release your attachments, embrace impermanence, cultivate virtue, and see the world as it really is "one day at a time. Their practical, disciplined timeline encourages step-by-step development of qualities such as lovingkindness, compassion, generosity, and patience. Each day offers a short teaching followed by a specific, concrete exercise to help you reflect on and fully integrate the message. Through vivid and evocative contemplative scenarios and action items, *Living and Dying with Confidence* brings practice off the cushion and into ordinary life.

## Book Information

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Average Customer Review: 5.0 out of 5 stars See all reviews (5 customer reviews)

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## Customer Reviews

I found this book to be a very practical guide that has helped me to contemplate impermanence and death in a very personal way. Through the simple but potent daily reflections, I examined my own thought patterns and beliefs, and also the outer world around me. Over time I could see that this guided exploration made changes in my way of thinking and this has improved my practice. This book was a very valuable complement to *Dying with Confidence*, and I highly recommend it!

This book warns you that you may feel uncomfortable. With this guided journaling, you are asked to confront your life's assumptions and comfort zones. You are asked to question your deepest

motivations behind your relationships and beliefs. Are you hiding from something? Are afraid of something? We all are. Call it death or impermanence, because of that fear and hiding we are not truly happy, but just distracted. However, by undertaking the journey offered in this book, this fear is gradually diminished and happiness increased. The quality of life increases because the quality of relationships and thoughts increases. It is a book about living confidently without regrets and fears, and death is just a part of life.

This book is a gift to all; with practices and teachings that are accessible to all. I highly recommend this book as a guide to starting on the path of spiritual awakening, facing death and living confidently.

This book is an extremely helpful, clear, and practical guide to developing a daily meditation practice. I highly recommend it for all spiritual practitioners. The authors are obviously masters of the different practices taught in the book and I feel a deep sense of appreciation and gratitude for their efforts. The book has allowed me to take a real look at implementing spiritual teachings into my daily life and provides a base for daily contemplations for every day of the year. This is a unique format and I have found it very helpful and practical. May all beings benefit!

A truly inspiring read, with daily reflections and reminders of Precious Dharma teachings. A must-read for anyone and everyone, beginners and experienced practitioners alike. May all beings benefit!

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