

Living Meaningfully Dying Joyfully The Profound Practice Of Transference Of Consciousness

Ocean of Nectar is first complete commentary in English to Chandrakirti's classic Guide to the Middle Way, one of the most important scriptures in Mahayan Buddhism and regarded to this day as the principal text on emptiness, the ultimate nature of reality. In this long-awaited major work Geshe Kelsang provides an entirely new translation of Chandrakirti's verse masterpiece and explains with outstanding clarity the philosophical reasoning establishing Buddha's most profound view of the middle way. "Absolutely what we need in these days of spreading gloom." –John Holloway, author of Crack Capitalism "A guide to a fulfilling militant life." –Michael Hardt, co-author of Assembly "Rigid radicalism" is the congealed and debilitating practices that suck life and inspiration from the fight for a better world. Joyful Militancy investigates how fear, self-righteousness, and moralism infiltrate and take root within liberation movements, what to do about them, and ultimately how tenderness and vulnerability can thrive alongside fierce militant commitment. Carla Bergman co-edited Stay Solid: A Radical Handbook For Youth. Nick Montgomery is an organizer and writer currently at Queen's University.

A verse-by-verse commentary on Shantideva's Guide to the Bodhisattva's Way of Life, this exploration illustrates how to engage in a Bodhisattva's actions by transforming daily activities through a strong, compassionate wish to benefit others. The explanations of this universally loved poem show how to ripen one's innate capacity for love, offering genuine ways to give kindness and good will to the planet and those who inhabit it. With thoughtful illumination and practical applications, the full effectiveness and profundity of this wonderful poem are revealed, giving readers steps for walking towards enlightenment.

Great Treasury of Merit provides a full explanation of how to practise Offering to the Spiritual Guide (Lama Chöpa), one of the most important meditation practices of Kadampa Buddhism. A work of unparalleled profundity and clarity, this book contains a wealth of accessible and practical instructions on Lamrim, Lojong and Tantric Mahamudra, the very essence of Buddha's teachings. An indispensable handbook for all those who wish to accomplish the swift path to enlightenment.

The Practice of Mahamudra in Vajrayana Buddhism

Clear Light of Bliss

Building Thriving Resistance in Toxic Times

Living and Dying with Confidence

Shantideva's Guide to the Bodhisattva's Way of Life

Joyful Path of Good Fortune

The Four Noble Truths

Through his own death in 1995, author Micah McElveen was challenged to think differently about purpose, and now challenges us to do the same. McElveen discovered that purpose was never designed to be a destination, but rather a bridge connecting you to the place where you are designed to make a difference. The result has led to a life of radical decisions and harrowing stories, all in the name of purpose. McElveen's unique approach to narrative engulfs readers in thought-provoking views on poverty, success, life, and death. Dying for Purpose will encourage you to truly live.

The heart of Buddha's teachings is unconditional love and compassion. In this inspired explanation of the popular Buddhist poem Training the Mind in Seven Points, Geshe Kelsang reveals powerful and far-reaching methods for us to develop these altruistic states. Ancient meditative techniques that have been tried and tested for centuries are brought alive and made relevant to our everyday experiences. Also included is a practical and uplifting explanation of how we can transform our day-to-day living—including even the most demanding and difficult conditions—into opportunities for personal and spiritual development. By pointing the way to an unchanging freedom and happiness, this immensely readable book challenges us to grow, and will have a remarkable impact on our life.

Offers an introduction to meditation along with a series of twenty-one step-by-step meditations to allow practitioners to discover inner tranquility and achieve happiness, improve relationships, and solve daily problems.

Pay Attention Say Thank You" is a delightful guide to living a happy life – full of joy, even when things aren't going so well. Learn how to live happily, more vibrantly, more creatively and more joyfully by practicing seven techniques, some as simple as paying attention, saying thank you and being quiet. Warm and engaging, this book addresses issues of forgiveness, fear, the need for quiet reflection or meditation and for gratitude. The author provides plenty of examples and exercises.

Profound Teachings from Buddha's Heart

Eight Steps to Happiness

Wisdom and Compassion in Mahayana Buddhism

Universal Compassion

Awakening to Bliss Within

Heart Jewel

Meditations to Make Our Life Happy and Meaningful

Or A Life of Montaigne in One Question and Twenty Attempts at an Answer

A guide to the Buddha's teachings explains the fundamentals of Buddhist meditation and philosophy and provides practical explanations for developing compassion and wisdom to achieve lasting happiness.

Winner of the 2010 National Book Critics Circle Award for Biography How to get along with people, how to deal with violence, how to adjust to losing someone you love—such questions arise in most people's lives. They are all versions of a bigger question: how do you live? How do you do the good or honorable thing, while flourishing and feeling happy? This question obsessed Renaissance writers, none more than Michel Eyquem de Montaigne, perhaps the first truly modern individual. A nobleman, public official and wine-grower, he wrote free-roaming explorations of his thought and experience, unlike anything written before. He called them "essays," meaning "attempts" or "tries." Into them, he put whatever was in his head: his tastes in wine and food, his childhood memories, the way his dog's ears twitched when it was dreaming, as well as the appalling events of the religious civil wars raging around him. The Essays was an instant bestseller and, over four hundred years later, Montaigne's honesty and charm still draw people to him. Readers come in search of companionship, wisdom and entertainment—and in search of themselves. This book, a spirited and singular biography, relates the story of his life by way of the questions he posed and the answers he explored. It traces his bizarre upbringing, youthful career and sexual adventures, his travels, and his friendships with the scholar and poet Étienne de La Boétie and with his adopted "daughter," Marie de Gournay. And we also meet his readers—who for centuries have found in Montaigne an inexhaustible source of answers to the haunting question, "how to live?"

Guiding readers in learning how to respond to difficult situations with a positive, peaceful mind, this resource educates on how to turn challenges into opportunities for mental and spiritual growth and development.

The beloved debut novel about an affluent Indian family forever changed by one fateful day in 1969, from the author of *The Ministry of Utmost Happiness* NEW YORK TIMES BESTSELLER • MAN BOOKER PRIZE WINNER Compared favorably to the works of Faulkner and Dickens, Arundhati Roy's modern classic is equal parts powerful family saga, forbidden love story, and piercing political drama. The seven-year-old twins Estha and Rahel see their world shaken irrevocably by the arrival of their beautiful young cousin, Sophie. It is an event that will lead to an illicit liaison and tragedies accidental and intentional, exposing "big things [that] lurk unsaid" in a country drifting dangerously toward unrest. Lush, lyrical, and unnerving, *The God of Small Things* is an award-winning landmark that started for its author an esteemed career of fiction and political commentary that continues unabated.

Living Meaningfully, Dying Joyfully: The Profound Practice of Transference of Consciousness

The Essential Wisdom Teachings of Buddha

Reflecting on Death to Find Your Life's Meaning

The Path to the Supreme Happiness of Enlightenment

An Epidemic of Wellness, the Certainty of Dying, and Killing Ourselves to Live Longer

The Buddhist Way of Loving Kindness

Joyously Through the Days

Living Fully, Dying Well

This famous and universally loved poem for daily living has inspired many generations of Buddhists and non-Buddhists since it was first composed in the 8th century by the famous Indian Buddhist master Shantideva. This new translation, made under the guidance of Geshe Kelsang Gyatso, conveys the great lucidity and poetic beauty of the original, while preserving its full impact and spiritual insight. Reading these verses slowly, while contemplating their meaning, has a profoundly liberating effect on the mind. The poem invokes special positive states of mind, moves us from suffering and conflict to happiness and peace, and gradually introduces us to the entire Mahayana Buddhist path to enlightenment.

"How can you take the fear of death and turn it into something profound, something positive? What is the alchemy that allows someone who is in a metaphorical desert to turn around and see a flower?"—Tina L. Staley "Death—the last sleep? No, it is the final awakening."—Sir Walter Scott Most of us try to avoid thinking about death until the moment we come face-to-face with it. But when we have the courage to accept our inevitable

mortality—and even to contemplate it actively, as a spiritual practice—we open the door to living fully, joyfully, and in complete presence. Living Fully, Dying Well is an investigation into the challenge each of us faces—to embrace all of life, from the beginning to the end. When death approaches, many of us undergo a profound transformation—we let go of old distractions and focus with new clarity on what gives our life meaning. Yet we can invite these profound “deathbed revelations” at any point in our lives by engaging in an honest inquiry into our own mortality. Living Fully, Dying Well provides a doorway to begin your own exploration of the mysteries of death—from the cultural myths about dying, to the personal fears we all share, to the question of what becomes of us beyond this life. Living Fully, Dying Well unfolds as a dialogue between spiritual leaders and medical healers, each of whom brings their own unique perspective to the universal human experience of death. These luminaries offer their stories, their insights, and their most valuable practices, all to transform death from a source of fear to an opportunity to reveal the true richness of your life. Living Fully, Dying Well has received the following awards: 2010 Gold Independent Publishers Award (IPPY)—Aging/Death & Dying 2010 Gold Nautilus Award—Grieving/Death & Dying 2010 Gold Living Now Award—Grieving/Death & Dying

Tharpa Publications is delighted to announce The Oral Instructions of Mahamudra Second Edition. In this special edition, Venerable Geshe-la has made numerous revisions and clarifications to guide the reader ever more confidently through the profound and world-transforming practice of Mahamudra - the very essence of Buddha’s teachings of Sutra and Tantra. This precious book reveals the uncommon practice of Tantric Mahamudra of the Ganden Oral Lineage, which the author received directly from his Spiritual Guide, Vajradhara Trijang Rinpoche. It explains clearly and concisely the entire spiritual path from the initial preliminary practices to the final completion stages of Highest Yoga Tantra that enable us to attain full enlightenment in this life.

An insightful collection of teachings about death and dying to help face life's greatest mystery calmly and with equanimity. Lifetimes of effort go into organizing, designing, and structuring every aspect of our lives, but how many people are willing to contemplate the inevitability of death? Although dying is an essential part of life, it is an uncomfortable topic that most people avoid. With no idea what will happen when we die and a strong desire to sidestep the conversation, we make all kinds of assumptions. Living Is Dying collects teachings about death and the bardos that have been passed down through a long lineage of brilliant Buddhist masters, each of whom went to great lengths to examine the process in minute detail. Renowned author and teacher Dzongsar Jamyang Khyentse responds to the most common questions he's been asked about death and dying--exploring how one prepares for death, what to say to a loved one who is dying, and prayers and practices to use as a handhold when approaching the unknown territory of death. Whether you are facing death today or decades from now, preparing for it can help to allay your worst fears and help you appreciate what it means to be truly alive.

The New Meditation Handbook

The Nature and Power of the Mind

The Oral Instructions of Mahamudra

Great Treasury of Merit

Pay Attention, Say Thank You

Becoming a Friend of the World

The Highest Yoga Tantra Practice of Buddha Vajrayogini

Fahrenheit 451

A clear and comprehensive explanation of the entire path to enlightenment. We all have the potential for self-transformation, and a limitless capacity for the growth of good qualities, but to fulfil this potential we need to know what to do along every stage of our spiritual journey. With this book, Geshe Kelsang offers us step-by-step guidance on the meditation practices that will lead us to lasting inner peace and happiness. With extraordinary clarity, he presents all Buddha’s teachings in the order in which they are to be practised, enriching his explanation with stories and illuminating analogies. This is a perfect guidebook to the Buddhist path.

Offers suggestions for meditating on the eight verses of a classic Buddhist teaching in order to find happiness in daily life.

Guide to Dakini Land is a practical manual for those seeking a swift and blissful path to full enlightenment. It provides detailed instructions on the eleven yogas of generation stage, which are special methods for transforming all our daily activities into a blissful spiritual path, as well as the essential completion stage meditations that lead to full enlightenment. -- Publisher description.

In Heart Jewel Geshe Kelsang presents two essential practices of Kadampa Buddhism, the popular Mahayana Buddhist tradition that derives from the renowned Tibetan teacher Je Tsongkhapa. The first practice is relying upon a Spiritual Guide, which lays the foundation for gaining all the blessings and realizations of the paths to liberation and enlightenment. The second practice is relying upon an enlightened Dharma Protector, whereby we can swiftly overcome all obstacles to our spiritual practice and create favourable conditions for developing and increasing pure Dharma realizations. An invaluable introduction to the profound and dynamic tradition of Kadampa Buddhism.

What the Dying Have Taught Me about Living

A Day-by-Day Guide

Joyful Militancy

How to Find the Real Meaning of Human Life

How to Prepare for Death, Dying and Beyond

The Bodhisattva's Way of Life

Una Vida con Significado, una Muerte Gozosa

How to Enjoy a Life of Great Meaning and Altruism

Many of us fill our lives with so much work, entertainment, and fluff that we fail to consider the reality that our personal journeys on earth must someday come to an end. This collection of essays and articles points out that human existence is a fragile, terminal gift. Accepting that encourages us to live dynamic, purposeful lives. Combining insights from thought leaders in the fields of medicine, mental health, and religion, as well as hospice, funeral directors, and those who have faced life-threatening situations, the writers and editors of this book share their honest, open views about death, dying, and the possibilities of an afterlife. Enormously compelling and easy to read, the book calls us to engage in passionate, meaningful living in the here and now. Start making every day count with *Reflections on Mortality*. I found the book helpful in setting out so many issues surrounding our death and dying. His Eminence Daniel Cardinal DiNardo, President of the U.S. Conference of Catholic Bishops I found myself asking, Why wasn't a book of this scope and impact available until now? It is a true gift to all of us. Robert J. Wicks, Psy.D., author of *Perspective: The Calm within the Storm*; *Bounce: Living the Resilient Life*

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.

One of Time magazine's 25 Most Influential People in America writes about taking responsibility for our own happiness and our actions. Robert Thurman is America's most popular and charismatic Buddhist. His first book, *Inner Revolution*, is an international bestseller and his lectures sell out to thousands. *Infinite Life* demonstrates that our every action has infinite consequences for ourselves and others, here and now and after we are gone. He introduces the Seven Paths to reconstructing body and mind carefully in order to reduce the negative consequences and cultivate the positive. In his powerful, pragmatic style, Thurman delivers life-changing lessons on virtues and emotions through the lens of Buddhist practices and ways of thinking. He invites us to take responsibility for our actions and their consequences while we revel in the knowledge that our lives are truly infinite. *Infinite Life* is the ultimate guidebook to understanding our place in the universe and realizing how we can personally succeed while helping others. This book offers us deep insight into our mind, and shows how an understanding of its nature and functions can be used practically in everyday experience to improve our lives. Part 1 is a practical guide to developing and maintaining a light, positive mind - showing how to recognize and abandon states of mind that harm us, and to replace them with peaceful and beneficial ones. Part 2 describes different types of mind in detail, revealing the depth and profundity of the Buddhist understanding of the mind. It concludes with a detailed explanation of meditation, showing how by controlling and transforming our mind we can attain a lasting state of joy, independent of external conditions.

The New Heart of Wisdom

Joyful Parents, Successful Children

Heart of Wisdom

The Path of Compassion and Wisdom

Light for Lost | Direction for Found

Inspiring Solutions for Difficult Times

The Profound Practice of Transference of Consciousness

The Mirror of Dharma

“A wise and practical book. Inspiring and pulse-quickening. Les Kaye points out skillfully many of our human foibles—so familiar that they often seem to come too close for comfort. At one point I found myself exclaiming, almost out loud, “How does he know me so well?”” *Joyously Through the Days* brilliantly points to our inherent spirituality, the problems we create when we lose touch with it, and how we can regain it. Les Kaye shows us how spiritual practice enhances awareness, patience, and generosity, and enables us to respond creatively to the complexities, distractions, and uncertainties of our lives. This crisp and universal book is based on reflections of forty years experiencing and observing the relevance of Les' own spiritual practice to the everyday world of family and work and all kinds of relationships, clearly showing how the spiritual and the ordinary converge continually—not merely once in a while. Drawing inspiration from sources as diverse as Saul Bellow, Herman Melville, and the great Zen teachers of old *Joyously Through the Days* offers a path to a rich and lasting happiness through what Huston Smith calls, “goal-attaining patience.”

This book gives practical advice on how we can solve our daily problems of uncontrolled desire, anger and ignorance, and how to make our human life meaningful.

So success is not about having money; success is about having a good heart. That is the main education you should give your children. -Lama Zopa Rinpoche This book contains perfect advice from Lama Zopa Rinpoche, not only providing the Dharma context for how our children should be brought up but also containing many helpful suggestions of how we can introduce simple Dharma practices for our children. Rinpoche emphasizes the responsibility that Buddhist parents have to educate their children in good qualities and behavior and to set a good example and practice the qualities Rinpoche outlines as essential for achieving every type of happiness, both short- and long-term. This ebook was designed & published by Lama Yeshe Wisdom Archive for Amitabha Buddhist Centre (ABC). We are non-profit Buddhist organizations affiliated with the Foundation for the Preservation of the Mahayana Tradition (FPMT) and invite you to visit us online for more Dharma teachings.

This special presentation of Buddha's teachings by the author of Modern Buddhism, offers truly liberating insights and advice for the contemporary reader. It reveals the profound meaning of the very heart of Buddha's teachings - the Perfection of Wisdom Sutras. The author shows how all our problems and suffering come from our ignorance of the ultimate nature of things, and how we can abandon this ignorance and come to enjoy pure, lasting happiness by developing a special wisdom associated with compassion for all living beings. 'Many people are very intelligent in accomplishing worldly attainments. This intelligence is not wisdom because worldly attainments such as a high position, reputation, wealth and success in business are deceptive. If we die tomorrow, they will disappear tomorrow, and nothing will be left for our future. Wisdom, however, will never deceive us. It is our inner Spiritual Guide, who leads us to the correct path. It is the divine eye through which we can see what we should know, what we should abandon, what we should practise and what we should attain.' -Venerable Geshe Kelsang Gyatso Rinpoche

Ocean of Nectar

Living Meaningfully, Dying Joyfully

The very essence of Buddha's teachings of Sutra and Tantra

Natural Causes

The Awful Amazing Grace of God

How to Live

Guide to Dakini Land

Modern Buddhism: The Path of Compassion and Wisdom - Volume 1 Sutra

Living Meaningfully, Dying Joyfully The Profound Practice of Transference of Consciousness

A collection of real life stories recounting interactions with terminal patients. The lessons taught by dying patients around the themes of forgiveness, acceptance, compassion, meaning, gratitude, humility, mindfulness, trust, peace, and humor offer the reader insights into living with a deeper wisdom and compassion.

Puesto que vivimos, vamos a morir. Aunque esta es la verdad más sencilla y evidente de nuestra existencia, muy pocos la aceptamos. Esta inspiradora obra nos ayuda a aprovechar al máximo nuestra existencia humana, a prepararnos para la muerte sabiendo aceptarla sin miedos y a ayudar a los que están muriendo.

Heart of Wisdom is based on an oral commentary to the Essence of Wisdom Sutra (the Heart Sutra), which was given by the author at Manjushri Mahayana Buddhist Centre in England. The Heart Sutra, one of the best known and most popular of Mahayana Buddhist scriptures, contains the essence of Buddha's teachings on emptiness and the methods to develop the wisdom that understands this ultimate reality. In this highly acclaimed explanation of the Sutra, Geshe Kelsang reveals its explicit and implicit meanings with both clarity and authority, and relates them to the five Mahayana paths that lead to full enlightenment. Seen in modern light, Buddha had been able to perceive, even see the vast spatial distances between atoms and between sub-atomic particles filled with electrons and even sub-electrons in a state of high vibration. This atomic condition corresponds to a similar pattern in the brains of living beings and to interstellar and interplanetary gaps. The subject of emptiness as the author explains deals with perceptions leading to concept of formation and creation of a world of sense ideas which is merely a random arranging of material resources in an otherwise empty space filled with vibrations of these very particles. This is a rather difficult subject handled facily by the author.

Dying for Purpose

How to Understand the Mind

How to Solve Our Human Problems

Reflections on Mortality

Insights into Meaningful Living

Modern Buddhism

Infinite Life

Living Is Dying

We are alive, therefore we will die. This is the simplest, most obvious truth of our existence, yet very few of us have really come to terms with this fact. This inspiring book helps us to live a happy and meaningful life, to prepare for death and to help others who are dying. In this way, instead of something to be feared or denied, death can become a positive experience.

Within all of us lies a source of infinite bliss, clarity of wisdom, and compassion for others. In this unique and highly praised

book, based on Buddha's Tantric teachings, the contemporary Buddhist Master, Geshe Kelsang Gyatso, presents authentic methods for discovering this inner wealth for ourselves. In a clear and precise way, he explains step-by-step how we can generate a deeply peaceful and concentrated mind by harnessing the subtle energy system within our body. With this blissful awareness we can uncover our true nature, destroy ignorance and suffering at its root, and swiftly become a source of inspiration and benefit for others.

-- Publisher description.

A Bodhisattva is someone who has resolved to liberate all living beings from suffering by fulfilling his or her full spiritual potential. Many people have the compassionate wish to benefit others, but few understand how to make this wish effective in their daily life. In this highly acclaimed explanation of the great Buddhist classic, Guide to the Bodhisattva's Way of Life, Geshe Kelsang shows how we can develop and maintain the supremely compassionate motivation of a Bodhisattva, and how we can then engage in the actual practices that provide the greatest benefit to others and lead to the attainment of full enlightenment.

A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.

Seven Rules & Practices for Joyful Living

Living As Jesus Lived

How to Rely upon a Spiritual Guide

Meaningful to Behold

A Novel

The God of Small Things

Living the Journey of Spiritual Practice

La Profunda Practica de la Transferencia de Consciencia

Introduction and Encouragement This eBook Modern Buddhism – The Path of Compassion and Wisdom, in three volumes, is being distributed freely at the request of the author Geshe Kelsang Gyatso. The author says: “Through reading and practicing the instructions given in this book, people can solve their daily problems and maintain a happy mind all the time.” So that these benefits can pervade the whole world, Geshe Kelsang wishes to give this eBook freely to everyone. We would like to request you to please respect this precious Dharma book, which functions to free living beings from suffering permanently. If you continually read and practice the advice in this book, eventually your problems caused by anger, attachment and ignorance will cease. Volume 1 Sutra explains how to practise basic Buddhist compassion and wisdom in daily life. Covering topics such as What is Buddhism?, Buddhist Faith, The Preciousness of our Human Life, What does our Death Mean?, What is Karma?, The Four Noble Truths & Training in Love and Compassion, this volume shows how we can transform our lives, improve our relationships with others and look behind appearances to see the way things really are. Please enjoy this special gift from Geshe Kelsang Gyatso, who dedicates: “May everyone who reads this book experience deep peace of mind, and accomplish the real meaning of human life.” With best wishes, Manuel Rivero-De Martine Tharpa Publications, UK Tharpa Director info@emodernbuddhism.com A New York Times bestseller! From the celebrated author of Nickel and Dimed, Barbara Ehrenreich explores how we are killing ourselves to live longer, not better. A razor-sharp polemic which offers an entirely new understanding of our bodies, ourselves, and our place in the universe, NATURAL CAUSES describes how we over-prepare and worry way too much about what is inevitable. One by one, Ehrenreich topples the shibboleths that guide our attempts to live a long, healthy life -- from the importance of preventive medical screenings to the concepts of wellness and mindfulness, from dietary fads to fitness culture. But NATURAL CAUSES goes deeper -- into the fundamental unreliability of our bodies and even our "mind-bodies," to use the fashionable term. Starting with the mysterious and seldom-acknowledged tendency of our own immune cells to promote deadly cancers, Ehrenreich looks into the cellular basis of aging, and shows how little control we actually have over it. We tend to believe we have agency over our bodies, our minds, and even over the manner of our deaths. But the latest science shows that the microscopic subunits of our bodies make their own "decisions," and not always in our favor. We may buy expensive anti-aging products or cosmetic surgery, get preventive screenings and eat more kale, or throw ourselves into meditation and spirituality. But all these things offer only the illusion of control. How to live well, even joyously, while accepting our mortality -- that is the vitally important philosophical challenge of this book. Drawing on varied sources, from personal experience and sociological trends to pop culture and current scientific literature, NATURAL CAUSES examines the ways in which we obsess over death, our bodies, and our health. Both funny and caustic, Ehrenreich then tackles the seemingly unsolvable problem of how we might better prepare ourselves for the end -- while still reveling in the lives that remain to us.