



Graceful Exits: How Great Beings Die (Death stories of Hindu, Tibetan Buddhist, and Zen masters)

From Shambhala

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Death is a subject obscured by fear and denial. When we do think of dying, we are more often concerned with how to avoid the pain and suffering that may accompany our death than we are with really confronting the meaning of death and how to approach it. Sushila Blackman places death—and life—in a truer perspective, by telling us of others who have left this world with dignity.

Graceful Exits offers valuable guidance in the form of 108 stories recounting the ways in which Hindu, Tibetan Buddhist, and Zen masters, both ancient and modern, have confronted their own deaths. By directly presenting the grace, clarity, and even humor with which great spiritual teachers have met the end of their days, Blackman provides inspiration and nourishment to anyone truly concerned with the fundamental issues of life and death.

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Editorial Review

From Library Journal

Blackman narrates the death stories of over 100 Tibetan, Hindu, and Zen masters, ancient and modern. The striking element in these accounts is a sense of being fully prepared to meet death. Blackman grappled with lung cancer and came to peace with her own fears about death as she compiled this book, completed only a few months before she died. As Blackman notes, the Judaeo-Christian perspective of death is not represented here, but this fills a demand for inspirational books about death and Eastern spirituality.

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Review

"The striking element in these accounts is a sense of being fully prepared to meet death. Blackman grappled with lung cancer and came to peace with her own fears about death as she compiled this book, completed only a few months before she died."—*Library Journal*

"Written in lucid prose, the book is a training manual for making graceful exits from this life."—*Publishers Weekly*

"Not since the ground-breaking work of Kubler-Ross on death and dying has there been such a much needed compilation of inspirational stories and examples of how to prepare oneself for the inevitable."—*Midwestern Book Review*

"This beautiful little book is a gem. It contributes to our understanding that we are truly timeless."—Deepak Chopra, M.D.

"A magical little volume. It reveals with simplicity and lucidity how wise and compassionate living leads to a wise and compassionate death."—Glenn H. Mullin, author of *Death and Dying: The Tibetan Tradition*

From the Back Cover

This beautiful little book, *Graceful Exits*, is a gem. It contributes to our understanding that we are truly timeless. (Deepak Chopra, MD)

Users Review

From reader reviews:

Beth Stewart:

In this 21st hundred years, people become competitive in every way. By being competitive right now, people have do something to make all of them survives, being in the middle of the particular crowded place and notice through surrounding. One thing that oftentimes many people have underestimated the item for a while is reading. That's why, by reading a guide your ability to survive increase then having chance to stay than other is high. For yourself who want to start reading some sort of book, we give you this *Graceful Exits: How Great Beings Die (Death stories of Hindu, Tibetan Buddhist, and Zen masters)* book as beginner and daily reading e-book. Why, because this book is greater than just a book.

Chad Jones:

This book untitled Graceful Exits: How Great Beings Die (Death stories of Hindu, Tibetan Buddhist, and Zen masters) to be one of several books that best seller in this year, this is because when you read this reserve you can get a lot of benefit on it. You will easily to buy this kind of book in the book shop or you can order it by means of online. The publisher of the book sells the e-book too. It makes you easier to read this book, as you can read this book in your Cell phone. So there is no reason for your requirements to past this guide from your list.

Daniel Pitts:

Often the book Graceful Exits: How Great Beings Die (Death stories of Hindu, Tibetan Buddhist, and Zen masters) has a lot info on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. This articles author makes some research ahead of write this book. This particular book very easy to read you can obtain the point easily after reading this article book.

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