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Staring At The Sun: Being at peace with your own mortality: Overcoming the Dread of Death. Paperback – 3 Mar. 2011. by Irvin Yalom (Author) 4.5 out of 5 stars 439 ratings. See all formats and editions.

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Written in Irv Yalom's inimitable story-telling style, Staring at the Sun is a profoundly encouraging approach to the universal issue of mortality. In this magisterial opus, capping a lifetime of work and personal experience, Dr. Yalom helps us recognize that the fear of death is

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INTRODUCTION : #1 Staring At The Sun Overcoming Publish By Roald Dahl, Staring At The Sun Overcoming The Terror Of Death Yalom staring at the sun looks experientially and psychodynamically at our deepest fear and describes with uncommon eloquence and

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staring at the sun overcoming the terror of death 2008 irvin d yalom over the past quarter century irvin yalom has established himself as the worlds leading group psychotherapist in staring at the sun he explores how the knowledge of our

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own mortality affects the unconscious mind of every human being Irvin Yalom Staring At The Sun Overcoming The Terror Of

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Death's Irvin D. Yalom's most recent book, *Staring at the Sun: Overcoming the Terror of Death*, ©2008 by Irvin D. Yalom, from which this article was taken and which was published and released by Jossey-Bass earlier this year (2008), is available wherever books are sold.

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Written in Irv Yalom's inimitable storytelling style, Staring at the Sun is a profoundly encouraging approach to the universal issue of mortality. In this magisterial opus, capping a lifetime of work and personal experience, Dr. Yalom

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Death Irvin D Yalom helps us recognize that the fear of death is at the heart of much of our anxiety. Such recognition is often catalyzed by an "awakening experience"—a dream, or loss (the death of a loved one, divorce, loss of a job or home), illness, trauma, or aging. Once we confront our own mortality, Dr. Yalom writes, we are inspired to rearrange

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our priorities, communicate more deeply with those we love, appreciate more keenly the beauty of life, and increase our willingness to take the risks necessary for personal fulfillment.

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Death Irvin D Yalom helps us recognise that the fear of death is at the heart of much of our day-to-day anxiety. This reality is often brought to the surface by an 'awakening experience' — a dream, a loss (such as the death of a loved one, a divorce, or the loss of a job or home), illness, trauma, or ageing. Once we confront our own mortality, Dr Yalom

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Death Irwin D Yalom writes, we are inspired to rearrange our priorities, communicate more deeply with those we love, appreciate more keenly the beauty of life, and increase our willingness to take the risks necessary for personal fulfillment. This is a book with tremendous utility, including the provision of techniques for dealing with the most

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Death kinds of fears of death — especially by living in the here and now, and by embracing what Dr Yalom calls ‘rippling’, the influence and impact we all have that has a life beyond our own.

Jean Serjeant, the heroine of Julian Barnes’s wonderfully provocative novel,

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Death ordinary, but has an extraordinary disdain for wisdom. And as

Barnes—winner of the Man Booker Prize for *The Sense of an Ending*—follows her from her childhood in the 1920s to her flight into the sun in the year 2021, he confronts readers with the fruits of her relentless curiosity: pilgrimages to China

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and the Grand Canyon; a catalog of 1940s sexual euphemisms; and a glimpse of technology in the twenty-first century (when The Absolute Truth can be universally accessed). Elegant, funny and intellectually subversive, Staring at the Sun is Julian Barnes at his most dazzlingly original. “Brilliant. . . . A marvelous

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literary epiphany.”—Carlos Fuentes, The New York Times Book Review “Barnes’s literary energy and daring are nearly unparalleled.” —New Republic

"All of us are creatures of a day," wrote Marcus Aurelius, "rememberer and remembered alike." In his long-awaited

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Death Irvin D. Yalom, renowned psychiatrist Irvin D. Yalom describes his patients' struggles—as well as his own—to come to terms with the two great challenges of existence: how to have a meaningful life, and how to reckon with its inevitable end. In these pages, we meet a nurse, angry and adrift in a morass of

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misery where she has lost a son to a world of drugs and crime, and yet who must comfort the more privileged through their own pain; a successful businessman who, in the wake of a suicide, despairs about the gaps and secrets that infect every relationship; a newly minted psychologist whose study of the human condition

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Death Irwin D Yalom damages her treasured memories of a lost friend; and a man whose rejection of philosophy forces even Yalom himself into a crisis of confidence. Their names and stories will linger long after the book's last page is turned. Like Love's Executioner, which established Yalom's preeminence as a storyteller illuminating

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Death Irwin D Yalom, Creatures of a Day is funny, earthy, and often shocking; it is a radically honest statement about the difficulties of human life, but also a celebration of some of the finest fruits—love, family, friendship—that life can bear. We are all creatures of a day. With Yalom as a guide, we can find in this book

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the means not just to make our own day bearable, but meaningful—and perhaps even joyful.

As the public grows disillusioned with therapeutic quick fixes, people are looking for a deeper psychotherapeutic experience to make life more meaningful and

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satisfying. What really happens in therapy? What promises and perils does it hold for them? No one writes about therapy - or indeed the dilemmas of the human condition - with more acuity, style, and heart than Irvin Yalom. Here he combines the storytelling skills so widely praised in *Love's Executioner* with the

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wisdom of the compassionate and fully engaged psychotherapist. In these six compelling tales of therapy, Yalom introduces us to an unforgettable cast of characters: Paula, who faces death and stares it down; Magnolia, into whose ample lap Yalom longs to pour his own sorrows; Irene, who learns to seek out

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anger and plunge into it. And there's Momma, old-fashioned, ill-tempered, who drifts into Yalom's dreams and tramples through his thoughts. At once wildly entertaining and deeply thoughtful, Momma and the Meaning of Life is a work of rare insight and imagination.

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Bestselling writer and psychotherapist Irvin D. Yalom puts himself on the couch in a lapidary memoir Irvin D. Yalom has made a career of investigating the lives of others. In this profound memoir, he turns his writing and his therapeutic eye on himself. He opens his story with a nightmare: He is twelve, and is riding his

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bike past the home of an acne-scarred girl. Like every morning, he calls out, hoping to befriend her, "Hello Measles!" But in his dream, the girl's father makes Yalom understand that his daily greeting had hurt her. For Yalom, this was the birth of empathy; he would not forget the lesson. As *Becoming Myself* unfolds, we see the

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birth of the insightful thinker whose books have been a beacon to so many. This is not simply a man's life story, Yalom's reflections on his life and development are an invitation for us to reflect on the origins of our own selves and the meanings of our lives.

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The definitive account of existential psychotherapy. Existential therapy is practiced throughout the world. But until now, it has lacked a coherent structure. In *Existential Psychotherapy*, Irvin Yalom finds the essence of existential psychotherapy, synthesizing its historical background, core tenets, and usefulness to

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the practice. Organized around what Yalom identifies as the four "ultimate concerns of life" -- death, freedom, isolation, and meaninglessness -- the book takes up the meaning of each existential concern and the type of conflict that springs from our confrontation with each. He shows how these concerns are

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manifested in personality and psychopathology, and how treatment can be helped by our knowledge of them.

Drawing from clinical experience, empirical research, philosophy, and great literature, Yalom provides an intellectual home base for those psychotherapists who have sensed the incompatibility of

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orthodox theories with their own clinical experience, and opens new doors for empirical research. The fundamental concerns of therapy and the central issues of human existence are woven together here as never before, with intellectual and clinical results that will surprise and enlighten all readers.

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Brunacini vividly chronicles his 30-year fire-service career in the sun-baked city of Phoenix. He describes his municipal playground and its inhabitants with the aching tenderness and bitter repugnance usually reserved for long-lost lovers.

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In nineteenth-century Vienna, a drama of love, fate, and will is played out amid the intellectual ferment that defined the era. Josef Breuer, one of the founding fathers of psychoanalysis, is at the height of his career. Friedrich Nietzsche, Europe's greatest philosopher, is on the brink of suicidal despair, unable to find a cure for

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the headaches and other ailments that plague him. When he agrees to treat Nietzsche with his experimental “talking cure,” Breuer never expects that he too will find solace in their sessions. Only through facing his own inner demons can the gifted healer begin to help his patient. In *When Nietzsche Wept*, Irvin Yalom

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blends fact and fiction, atmosphere and suspense, to unfold an unforgettable story about the redemptive power of friendship.

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