

# Download Staring At The Sun Overcoming Terror Of Death Irvin D Yalom

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 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. One 50-page chapter in this book is devoted to Yalom's own struggles to come to grips with the fact of death. Not only that, but, earlier this year, he published a second book about death *Creatures of a Day and Other Tales of Psychotherapy* in which he tells the stories of ten clients facing death-related issue. And again tells about his own fears around death. Written in Irv Yalom's inimitable story-telling style, Staring at the Sun is a profoundly encouraging approach to the universal issue of mortality. 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 ...