

Leggi ebook Las cinco invitaciones: Lecciones para la vida a partir de la muerte

By Frank Ostaseski



Books Details

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Books Descriptions

Death is not waiting for us at the end of a long road. Death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight, helping us to discover what matters most in life. Life and death are a package deal. They cannot be pulled apart and we cannot truly live unless we are aware of death.

The Five Invitations is an exhilarating meditation on the meaning of life and how maintaining an ever-present consciousness of death can bring us closer to our truest selves. As a renowned teacher of compassionate care-giving and the cofounder of the Zen Hospice Project, Frank Ostaseski has sat on the precipice of death with more than a thousand people. In *The Five Invitations*, he distills the lessons gleaned over the course of his career, offering an evocative and stirring guide that points a radical path to transformation. *The Five Invitations: -Don't Wait- Welcome Everything, Push Away Nothing- Bring Your Whole Self to the Experience- Find a Place of Rest*

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