



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:

Ricky Streeter:

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