



The Little Book of Life and Death

By Douglas Edison Harding

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The Little Book of Life and Death By Douglas Edison Harding

In this book the author of *On Having No Head* investigates the most poignant problem our life poses - what lies at the end of it. He asks us to check four things. First, that to discover whether we are perishable, we must first discover what we are. Second, that outsiders are in no position to tell us this: they can only tell us what we look like at a distance. Third, that what we are is obvious as soon as we dare to look. And fourth, that we turn out to be in all respects the opposite of what we had been told. This revolutionary conclusion is arrived at by doing the nine "tests for Immortality" that form the backbone of the book. Then, our identity and immortality having been firmly established, we apply this knowledge to the fact of ageing and of dying itself, thus realizing their infinite potential for joy. Finally, the book explores in detail the true resurrection life - life lived in a Heaven which is none other than this earthly scene perceived as it is. 'The "open secret" is no longer secret. Douglas Harding's Little Book of Life and Death makes the insights of the sages accessible to all. Courageous, personal and inspiring, this book asks the most difficult questions about life and death, and to our - and apparently even the author's - amazement, answers them. Like Harding's classic book *On Having No Head*, this work is written in a down-home, heartfelt style. Read this book. Do the "experiments" which are Harding's unique and powerful contribution to what might be called the technology of enlightenment. Get ready to die, and to live anew.' Robert W. Fuller. Former president, Oberlin College. 'The literature on dying will never be the same again.' Ram Dass

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