



How to Survive Life (and Death): A Guide for Happiness in This World and Beyond

Robert Kopecky

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When you nearly die three times, you learn a thing or two about how to live...

An Emmy-nominated art director for television, Robert Kopecky never dreamed he'd end up writing a book about how to survive life and death. But what else could he do? Over the years, Kopecky had not one but three near-death experiences. He discovered exactly what lives on the other side of our fears about dying—and living. And he had some stories he knew we'd want to hear. Even some very funny ones.

Read this book and you'll find yourself uncoiling, relaxing your shoulders, taking deeper breaths. You may even feel like you're floating as you begin to shed the weight of a lifetime of social and existential anxiety. You'll discover what Kopecky believes are the three keys to living more life:

- Radical Kindness
- Radical Forgiveness
- Radical Surrender.

And you'll find the calm determination to live your life accordingly..

“When you travel simply and lightly, with humility and curiosity and open-heartedness, you're bound to discover the most beautiful things—about yourself, everyone else, and Life. You learn the rewards of simply showing up and being the best person you know how to be—without expecting anything in return, except maybe the chance to learn something new, and to share Love. Why not make your ‘travel’ plans through Life like that?” —**from the book**

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From reader reviews:

Susan Williams:

Why don't make it to become your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite publication and reading a book. Beside you can solve your condition; you can add your knowledge by the reserve entitled How to Survive Life (and Death): A Guide for Happiness in This World and Beyond. Try to stumble through book How to Survive Life (and Death): A Guide for Happiness in This World and Beyond as your buddy. It means that it can for being your friend when you really feel alone and beside those of course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you a lot more confidence because you can know every thing by the book. So , let me make new experience and knowledge with this book.

Derek Wire:

Playing with family in the park, coming to see the water world or hanging out with buddies is thing that usually you have done when you have spare time, then why you don't try point that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love How to Survive Life (and Death): A Guide for Happiness in This World and Beyond, you are able to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang type is it? Oh come on its mind hangout people. What? Still don't have it, oh come on its referred to as reading friends.

Johnnie Colby:

What is your hobby? Have you heard in which question when you got scholars? We believe that that query was given by teacher with their students. Many kinds of hobby, Everyone has different hobby. And you know that little person such as reading or as studying become their hobby. You need to understand that reading is very important as well as book as to be the thing. Book is important thing to add you knowledge, except your own teacher or lecturer. You get good news or update regarding something by book. Different categories of books that can you take to be your object. One of them is this How to Survive Life (and Death): A Guide for Happiness in This World and Beyond.

Cheri Tow:

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