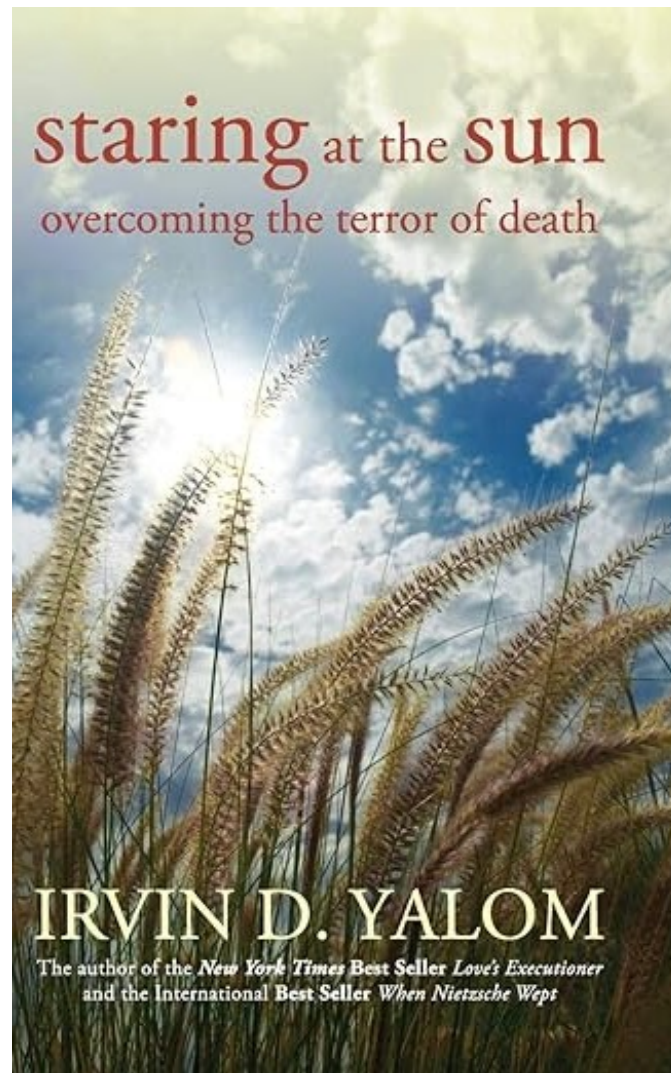


Categories: Book reviews,

Categories: ,,

Staring At The Sun: Being at peace with your own mortality

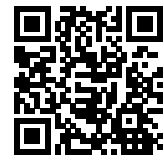


Irvin Yalom. 2008. Wiley & Sons. 320p.

Psychotherapist Yalom considers how the universal fear of death – “our dark shadow from which we are never severed” – influences many peoples’ fears, stresses and mental illness.

Presenting his own development and reflections, along with a number of case studies drawn from interactions with his patients, Yalom also refers to Epicurus and Shopenhauer. He encourages us to follow Nietzsche’s words that “To become wise you must learn to listen to the wild dogs barking in your cellar”.

Yalom’s approach is humanist and emphasizes developing self-knowledge and seeking to live without regrets, wary that in shielding ourselves from death we may also shield ourselves from life.



Plenna admits no responsibility or liability for this content. We cannot guarantee the accuracy of information provided by other bodies, and we are not responsible for your use of the information contained or linked from any material.

Date: 2025-07-02

Translation disclaimer: Content originally written in English.