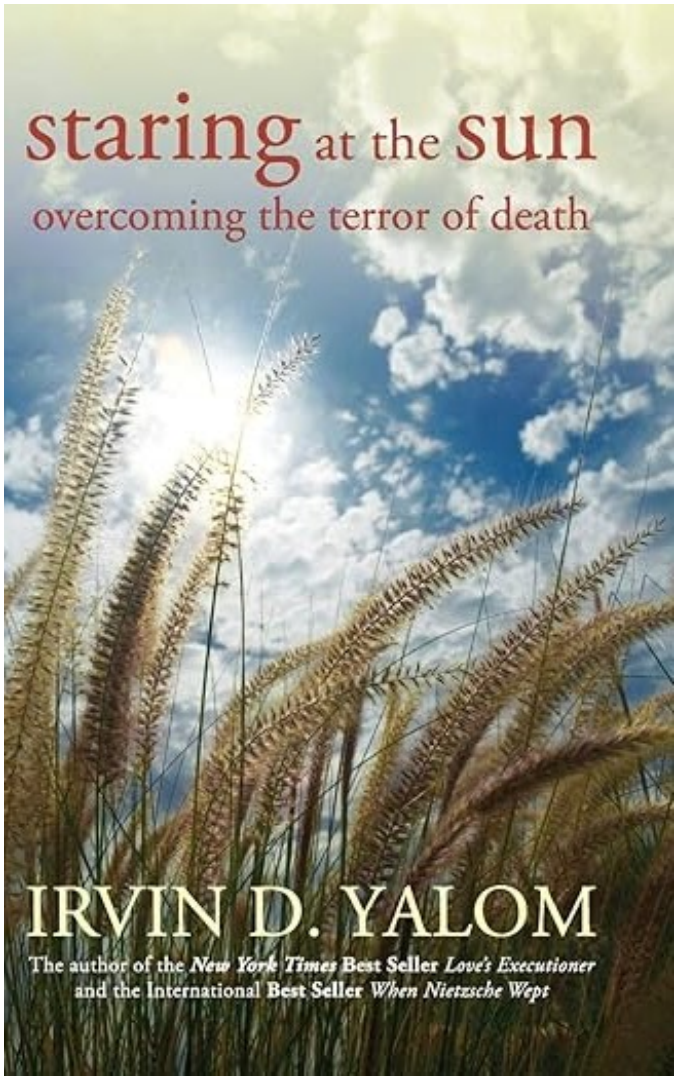
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Staring At The Sun: Being at peace with your own mortality



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 Nietzche’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.

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Translation disclaimer: Content originally written in English.