



The Art of Dying

S. N. Goenka

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Weaving together material from many sources, this collection provides a context for understanding death—whether our own or a loved one's—and experiencing it with awareness and equanimity. It features passages from the Pali texts, writings of S. N. Goenka, poems, theoretical expositions, a question-and-answer section, and compelling essays by or about meditators confronting the end of life. With humility, tenderness, and often a smile, they learn to accept their own impermanence, suffering, and nonself. Much of this material was collected from the archives of the *International Vipassana Newsletter*.

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