



# **Journeying East: Conversations of Aging and Dying**

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# Journeying East: Conversations of Aging and Dying

## Journeying East: Conversations of Aging and Dying

Some of the West's foremost spiritual teachers share their thoughts on aging and the end of life process. Comprehensive and original interviews with Ram Dass, Michael Eigen, Norman Fischer, Joan Halifax, Thich Nhat Hanh, Sister Chan Khong, Frank Ostaseski, Rodney Smith, and John Wellwood provide new perspectives and offer comfort and support. This accessible, thought-provoking, and unique book is an invaluable resource for individuals, classrooms, hospice or home care settings, and for anyone who has experienced the loss of a loved one.

*Journeying East also features a comprehensive resources section with an annotated bibliography, guidelines for general reading and study, information on the training of hospice employees and volunteers, and suggested at-home activities.*

*Victoria Jean Dimidjian is professor of education at Florida Gulf Coast University. She began her study of Buddhism at the Zen Studies Society in Manhattan in 1974 and is a founding member of the Naples Community of Mindfulness.*

*"An important and life-changing book." - Diane Cox, CEO, Hospice of Naples, FL*



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