

The background of the cover is a misty mountain landscape. The top half shows a blue sky with soft, white clouds. Below the sky, there are layers of misty, green mountains. The bottom portion of the cover is a solid, vibrant green field.

DEATH MAKES

LIFE

POSSIBLE

TRANSFORMING the FEAR of DEATH into an
INSPIRATION for LIVING and DYING WELL

Journal

“While there are no definitive answers about what happens after death, simply asking questions with an open mind and a warm heart opens our awareness to a new paradigm.”

Marilyn Schlitz, PhD, Author of *Death Makes Life Possible*

“The management of death concerns can play a key role in motivating people to stay true to their virtues, to build loving relationships, and to grow in fulfilling ways.”

Kenneth Vail, Social Psychologist

"If you realize that you exist in this continuum that unfolds as the eternal now, then it creates no fear to realize that you're dying every moment to be reborn the next."

Deepak Chopra

"By examining our own beliefs and assumptions, we may begin to bring the fear of death out from the shadows of denial and into our lived discourse."

Marilyn Schlitz, PhD, Author of *Death Makes Life Possible*

"Making peace with death allows us to surrender into the natural cycle of life we are all a part of."

Marilyn Schlitz, PhD, Author of *Death Makes Life Possible*

"We're all going to die. The mortality rate is still 100 percent. It's still one per person. To me, it's not how long we live, it's how well we live."

Dean Ornish, Physician & Founder of the Preventive Medicine Institute

"I personally have more fear of an unfulfilled life than of death itself."

Luisah Teish, Oshun Chief in the Yoruba Lucumi Tradition

“You’re not just a drop in the ocean. You are the mighty ocean in the drop.”

Rumi, Thirteenth-century Islamic Poet

"Knowing we are not alone allows us to build a web of interconnections that make us strong and resilient. We move our concept of death from the "me" to the "we" and, in turn, join fully in the transformative nature of life."

Marilyn Schlitz, PhD, Author of *Death Makes Life Possible*

The quotes in this journal are from the new book **Death Makes Life Possible: Revolutionary Insights on Living, Dying, and the Continuation of Consciousness** by Marilyn Schlitz, PhD a companion to the film **Death Makes Life Possible**.

More information is available at DeathMakesLifePossible.com