



Dying with Confidence: A Tibetan Buddhist Guide to Preparing for Death

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Dying with Confidence: A Tibetan Buddhist Guide to Preparing for Death Anyen

Anyen Rinpoche's wise and reassuring voice guides readers through the Tibetan Buddhist teachings on death and dying, while providing practical tools for end-of-life and estate planning. *Dying with Confidence* reads like a remarkable how-to guide, laying out in clear and straightforward language the preparations we must make and the best practices to use while dying to further our goal of enlightenment.

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