



# Living and Dying with Confidence: A Day-by-Day Guide

*Anyen, Allison Choying Zangmo*

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# Living and Dying with Confidence: A Day-by-Day Guide

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**Living and Dying with Confidence: A Day-by-Day Guide** Anyen, Allison Choying Zangmo  
A daily companion for embracing life, preparing for death, and awakening to reality.

Anyen Rinpoche, Tibetan Buddhist master and teacher, and his longtime student and translator Allison Choying Zangmo present ancient and rich teachings on death in a contemporary, accessible manner. Learn how to release your attachments, embrace impermanence, cultivate virtue, and see the world as it really is—one day at a time.

Their practical, disciplined timeline encourages step-by-step development of qualities such as lovingkindness, compassion, generosity, and patience. Each day offers a short teaching followed by a specific, concrete exercise to help you reflect on and fully integrate the message.

Through vivid and evocative contemplative scenarios and action items, *Living and Dying with Confidence* brings practice off the cushion and into ordinary life.



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