



PEMA
CHÖDRÖN

HOW WE
LIVE IS HOW
WE DIE

How We Live Is How We Die

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Pema Chödrön

EDITED BY

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This book is dedicated
with love and great appreciation
to my dear sister, Patricia Billings,
who died at age ninety-one in February 2020.

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Contemplating death five times a day brings happiness.

—BHUTANESE SAYING

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