



# Life, Psychotherapy and Death: The End of Our Exploring

*Ann Orbach*

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# Life, Psychotherapy and Death: The End of Our Exploring

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## **Life, Psychotherapy and Death: The End of Our Exploring** Ann Orbach

In this rich and humane book Ann Orbach explores, from the point of view of a psychotherapist, the subject of death in all its manifestations. Her intention is to look at death and what it means to us, as a means of coming to terms with the inevitable, and helping others to do so. She discusses not only existential questions such as fear of death (as a state of non-being) and fear of dying, but cultural attitudes and religious beliefs, dreams and near death experiences, and the consequences of the manner of death. She looks at death in war, suicide, euthanasia, terminal illness, accident and murder, as well as the death of children and the consequent needs of parents and siblings. She discusses the way in which a therapist can help the dying and their families. Welcoming the lessening of taboos surrounding the subject of death, Ann Orbach urges that all aspects of death should be approached with honesty and openness, with children just as much as with adults. She leaves us with the question of what dies with the body: is there anything left of our humanity that does not die?

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