



# **An Insistence on Life: Releasing Fear of Death to Fully Live**

*Jane Hughes Gignoux*

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Why am I so afraid of death? How would my life be enhanced if that fear dissolved? An Insistence on Life grew out of such questions, as well as the personal accounts of death shared with author Jane Hughes Gignoux. By showing us ways to face death with understanding and grace, this remarkable book offers an exciting and inspirational model for embracing life.??

A valuable companion to the increasingly popular discussions on the many issues surrounding death and dying, An Insistence will lead readers on a surprisingly uplifting journey into this delicate topic beyond traditional comfort zones.

??The collection of poignant stories presents alternative approaches to accepting the end of life. Follow a family surrounding their elderly patriarch in his final months, finding all past estrangements erased as love becomes the only medium of exchange. Experience the joy and deep gratitude shared by a group holding sacred "going home" vigils. Discover the common threads woven throughout the stories as you encounter authentic moments of people who generously share the lessons they've learned about releasing fear and the transformation that ensues.??

"Life is essentially a matter of storytelling," says Ms. Gignoux. "We can't always control the events of our lives but we can choose how we interpret them. When we simply allow life's journey to flow, exploring death and dying when it comes into view, our fears dissolve, enabling a deeper and expanded freedom to live."

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