



## How to get rid of the fear of Death or accept it (at least)

A lot of people are terrified of death (usually these people are more cowardish compared to the avg. person, no offense to anyone of course); almost needless to say, Death shouldn't and needn't be feared. I'll explain why and at the same time give tips on how to alleviate this fear or get rid of it altogether below:

- **Acceptance:** Death is at the very least one of the many things we as human beings cannot control or have control over, and as such it shouldn't be feared since it lies outside "[your control](#)".
- **From dust to dust:** Everything that has a beginning has an end, and expecting to live forever is unrealistic- you were born and you must therefore die, based on this logic.
- **Not the End:** Contrary to what the non-religious believe or might, Death is NOT "the end" of your being; so yes, [you go on](#).
- **Fear will only make things worse;** the aforementioned is self-explanatory- being afraid of death, especially when on your deathbed or on the cusp of it will generally speaking make things rigid, rather than smooth..contributes to the unpleasantness in such a case.

**"You can be a king or a street sweeper, but everybody dances with the grim reaper."**

**(Robert Alton Harris)**

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