



Conscious Living Made Easy

Robert Southard

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Conscious Living Made Easy will guide you to living a full and rewarding life, a life without regret. It will help you to take control and responsibility for living life in the present, appreciating life as you live it and to set a realistic path in life for yourself. It will guide you to examining your beliefs and integrate those most beneficial to your path into your spirituality. Part of conscious living is to acknowledge that death will come. As children, we think we are immortal. Even as we get older, we think it is someone else that will die, not us. Our death is far off and we have plenty of time to do whatever we want. To live consciously is to accept that death is a part of life and plan for it, while not allowing it to dominate our life at any age. Bob Southard, after his own near death encounter, shares his experience and offers his thoughts, beliefs and meditations to help you plan for and live life in a conscious way.

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