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Titolo	Creating Heaven on Earth : The Psychology of Experiencing Immortality in Everyday Life // by Paul Marcus
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ISBN	0-429-89815-0 0-367-10302-8 0-429-47338-9 1-78241-323-5
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	COVER; CONTENTS; CHAPTER ONE Introduction: The quest for earthly immortality; CHAPTER TWO "Take time to smell the roses: "The delights of gardening; "Magical myths": The passion for sport; CHAPTER FOUR "Wake up and smell the coffee": The pleasures of drinking coffee; CHAPTER FIVE "The shorthand of strong emotion": Listening to great music; CHAPTER SIX "Once upon a time there was ...": On storytelling; CHAPTER SEVEN Conclusion: Reflections on creating earthlyimmortality; WEBSITE RESOURCES; REFERENCES; INDEX; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR
Sommario/riassunto	The art of living the "good life" requires skilful attunement to the lovely presences in everyday life. Lodged in a psychoanalytic sensibility, and drawing from ancient and modern religious and spiritual wisdom, this book provides the details, conceptual structures, and inner meanings of a number of easily accessible, everyday activities, including gardening,

sport, drinking coffee, storytelling, and listening to music. It also suggests how to best engage these activities, to consecrate the ordinary in a way that points to experiential transcendence, or what the author calls "glimpsing immortality", a core component of the art of living the "good life".
