

The Science of Getting Over It

October 29, 2019

Despite our commitment to 24/7 news, unlimited-data plans, and bottomless mimosas, nothing lasts forever. So how should we handle life's endings and last hurrahs? Should we rage against the dying of the light, or be content to let things go?

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[6] Another study, this one focusing on end-of-life professionals such as hospice workers, found that firsthand exposure to death left these people more likely to “live in the present, cultivate a spiritual life and reflect deeply on the continuity of life.”