


CLAUDIA CROBATIA

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Death: A Fact of Life



We prefer not to think about the fact that we will die one day. The general attitude of our modern society is one of ignoring death as much as possible. But sooner or later we will all have to face it...

In a witty and revealing manner, Claudia Crobatia analyses why death is such a taboo in our culture and how other cultures deal with it in a healthier way. Ultimately, awareness of our own mortality leads to a life filled with more happiness and meaning.

“During the writing I regularly asked myself: Claudia, what are your friends doing now? In response, I came up with scenarios that were much cozier than writing a book about death with a dying cat in my lap. Even though I deal with the subject of death a lot, that doesn't mean it's always easy. But still I take on the task of being the so-called 'proclaimer of the dark word'. Because somewhere I know very well that death is not only associated with sadness and misery. That death becomes lighter precisely when you give it love and attention.”



Pitch

In previous times across many cultures, death was a topic that was closely woven into the fabric of daily life. This practice has been shunned in modern Western societies that have adopted an attitude of avoidance. *Death: A Fact of Life* aims to re-introduce conversations about death. Crobatia argues that by addressing this quite literally inescapable subject, it is possible to form deeper bonds with family and friends and better support those going through the grieving process.

This book also explores how we got to the point where death has become a taboo and how we can change on both a personal and societal level. Crobatia asks important questions such as how aware we are of our mortality? She spurs the reader to examine their relationship with mortality. After all, death teaches us the most important life lessons. Death can evoke so many more emotions than just sadness. By taking a deeper look into the fear of death, readers will see that in addition to the dark and unknown aspects, there is also light at the end of one's journey. When faced with death, one can experience profound, life-altering revelations.

This book motivates the reader not to wait until their deathbed to experience these life lessons. You can learn them now and apply them directly. Regardless of age, life expectancy, spiritual beliefs and cultural background, everyone can reflect on mortality in order to live more mindfully.

Death can stir up feelings of discomfort and anxiety – often times, even triggering traumas. However, while finishing this books at the tail end of the pandemic that shocked the world, Crobatia felt even more urgency to confront the inevitable. Like death typically does, the pandemic came at a time when no one expected it. But this book aims to convey that thinking consciously about death can lead to providing better support for those who are grieving.

In her young life, Claudia has been confronted by the loss of a loved one several times. Both her parents and a half-brother passed away. While writing this book, her cat got terminally ill and its only place of comfort was on her lap.

Although death has the ability to provide positive emotions as well as negative ones, death does have a traumatic impact. Grief can have far-reaching consequences. The fear of death can sometimes be so crippling that it stops some people from experiencing life's pleasures.



The author does not pretend to offer help to people with psychological problems related to the fear and loss of death. The contents of this book are not a clinical cure for depression.

Reflecting on mortality and being more conscious of death is in no way intended as a glorification of death, or as literal motivation to end life (prematurely). *Death: A Fact of Life* is not a recipe for immortality; it puts up a case against the illusion of immortality.

This book will appeal to people who are looking for depth in their personal development through the exploration of death as a universal experience. It is for readers with an interest in the unknown side of life. For the curious minds who want to confront the uncomfortable conversations surrounding. Since confrontation with morality is an experience that every human will eventually come to, Claudia Crobotia wants this book to act as a guide to showing the benefits to reflecting on life and death.

Claudia Crobotia's style is unique in the way she approaches death with slightly morbid humor. The book has a narrative quality as Crobotia uses personal life experiences to add relatability to the text. Her use of irony combined with her empathetic yet sober approach allows the reader to embrace the seemingly taboo subject with a bit more ease. She would like for readers to feel comfortable enough to share the insights taken from this book and spread it to friends and family. So that as a society, we can form deeper bonds with one another.

Specifics

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About Ten Have

Ten Have is a leading Dutch publisher of philosophy and upmarket psychology and mind body spirit books. Some of the authors Ten Have publishes are Jenny Odell, Michael A. Singer, Elaine Fox, Mihaly Csikszentmihalyi and Ben Rawlence.



About the Author



Claudia is a death awareness expert and founder of A Course in Dying, a platform on death awareness. Through her content she helps people confront mortality. She also creates cemetery reviews for cemeteries all around the world, and helps people explore their own relationship with mortality. Claudia started her creative career as a photographer and writer. In 2011 she began working as a video director and started *SINCE productions*, a company under which she did music videos for artists like Lamb and Bonnie 'Prince' Billy.

For videos, interviews and courses, please visit Claudia's [English-language website](#).

Links

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Articles on Claudia Crobatia / A Course In Dying

[How To Be Less Scared Of Death](#) – Vice

[Death Positive: la génération qui n'a pas peur de regarder la mort](#) – L'ADN

[A Course in Dying: An Interview with Claudia Crobatia](#) – Ernest Becker Foundation

[Claudia Crobatia Is Getting Ahead Of Things](#) – Unquiet Things