TO LIVE EFFECTIVELY, ADAM FRANSSON SUGGESTS THAT WE MUST ADMIT THE TRAUMATIC REALITY OF DEATH, ACCEPT THE DEATH OF OTHERS AND ACCEPT THE DEATH OF OURSELVES. THIS MEANS THAT WE MUST ACCEPT THE FACT THAT WE ARE ALL ALREADY DEAD. THIS ACCEPTANCE, FRANSSON SUGGESTS, CAN BE ACHIEVED THROUGH THE PRACTICE OF MEDITATION. THROUGH MEDITATION, WE CAN ACHIEVE A STATE OF MIND THAT IS NEITHER ATTACHED TO LIFE NOR AFRAID OF DEATH.