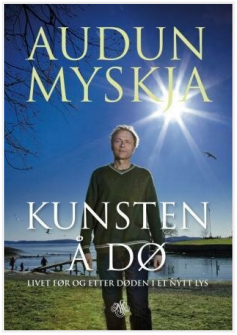
Stilton Literary Agency



The Art of Dying

Original title: Kunsten å dø
Publisher: J. M. Stenersen Forlag 2014
Non Fictionon-Fiction / Health
Norwegian PDF

Audun Myskja is one of the doctors in Norway who knows death best. He has followed countless people through the very last phase of life. Through this work he has found a deeper understanding of what death is. What happens to the body as death approaches? What can the relatives do? In addition to these concrete aspects of death, Myskja deals with the existential questions that death confronts us with: Is there life after death? What really dies when death occurs?

Audun Myskja

Audun Myskja is a chief physician, specialist in general medicine, with a doctorate in the use of music in elderly care. he has always known that medical science cannot explain everything and he has witnessed many instances that indicate the existence of health-giving powers other than medical ones.

He runs the Center for Life Aid at Myskjatunet in Totenvika, Norway. He is also a meditation teacher and a musician, with releases of his own compositions, meditation music and training instruction. He has developed educations in music-based environmental treatment and unit therapy, and is a sought-after speaker both at home and abroad.

Audun Myskja has written several strong selling books during the last decade.

Other titles
Reciliense Medicine -Keys to a better Life (2025)
Meditation. The way to finding yourself (2022)
The Tibetan Rites (2021)
Breathe. The Key to Strength, Health and Happiness (2018)
The Art of Aging (2017)
Heal Yourself (2015)
Find Your Inner Strength (2014)