

Excerpt from *Seen and Not Heard* by Jana Mohr Lone

Joshua: "I think people are afraid of dying, not of death. Once you're dead, you won't feel anything. People aren't afraid of that, because they won't exist, so there's nothing to be afraid of."

Kelsey: "I think people *are* afraid of death. When we die, we're just dead. Your brain doesn't work anymore. It's just nothing, you don't exist. That's what makes people afraid."

Andrew: "I think people are afraid of death because death makes life meaningless. No matter what you do in life, someday you will die and so none of it will matter."

Jocelyn: "But don't you think there's a difference between doing nothing your whole life and then dying, and doing something important and being remembered for what you did after you die?"

Andrew: "Not really, because eventually the people who remember you will die too. Someday no one will remember you, no matter what you do in life."

Isabel: "I think death doesn't make life meaningless. I think death is actually what makes life meaningful. It's death that makes you want to cherish life. If you lived forever, there would be a 100% chance that eventually you would do everything you can do in life, and life wouldn't have any meaning."