For the past 33 years, I have looked in the mirror every morning and asked myself: "If today were the last day of my life, would I want to do what I am about to do today?" And whenever the answer has been "No" for too many days in a row, I know I need to change something.

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything — all external expectations, all pride, all fear of embarrassment or failure - these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

About a year ago I was diagnosed with cancer. I had a scan at 7:30 in the morning, and it clearly showed a tumor on my pancreas. I didn't even know what a pancreas was. The doctors told me this was almost certainly a type of cancer that is incurable, and that I should expect to live no longer than three to six months. My doctor advised me to go home and get my affairs in order, which is doctor's code for prepare to die. It means to try to tell your kids everything you thought you'd have the next 10 years to tell them in just a few months. It means to make sure everything is buttoned up so that it will be as easy as possible for your family. It means to say your goodbyes.

**Germany hunts bomb suspect in Chemnitz**

Police in the eastern German city of Chemnitz have detained three people as they continue a search for a suspect believed to be planning a bomb attack.

Acting on a tip-off from the domestic intelligence service, police raided an apartment but failed to find the suspect, Jaber al-Bakr, 22, who was born in Syria. He remains on the run.

Several hundred grams of "highly volatile" explosives were found at the property, investigators said.

They were destroyed by a bomb squad.

About 100 people were evacuated from the apartment building as the explosives were moved for a controlled

detonation.

Two people in contact with Mr al-Bakr were detained at Chemnitz railway station and another person was detained near the apartment in the Fritz-Heckert neighbourhood, Kathlen Zink of Saxony's criminal investigation office said.

She said they were suspected of being "linked with the suspect somehow" and had been taken in for questioning.

The "where, when, how and why" of the planned attack remained unknown according to Tom Bernhardt, a spokesman for the same office.

He said the explosives in the apartment were "relatively well hidden".

Saxony police have released pictures of Damascus-born Mr al-Bakr wearing a black, hooded sweatshirt with a colourful print.

They have not provided any information about how long he had been in Germany.

They have urged anyone with information about him to come forward.

German Chancellor Angela Merkel's popularity has waned since her decision to open the borders to refugees and migrants last year, admitting more than a million people, many of them Syrian.

In July, an axe attack on a train near Wuerzburg and a suicide bombing in Ansbach wounded 20 people and were claimed by so-called Islamic State (IS).