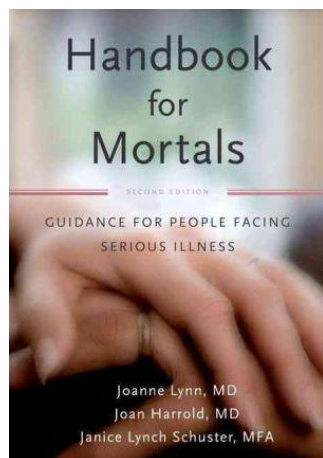
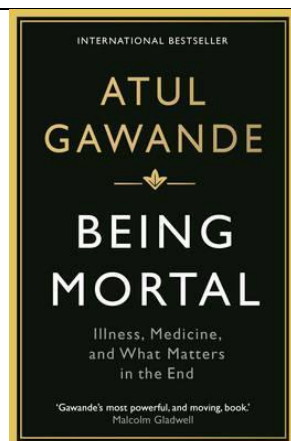


## Books on Death and Dying



### **Handbook for Mortals: Guidance for people facing serious illness.** By Joanne Lynn, Joan Harrold & Janice Lynch Schuster

Written by Dr. Joanne Lynn and a team of experts, it provides equal measures of practical information and wise counsel. Readers will learn what decisions they will need to face, what choices are available to them. Equally important are the personal stories of how people have come to terms with serious illness and dying, how they have faced their fears and made their choices. From down-to-earth advice on how to talk to your doctor to inspiring quotes from such writers as Emily Dickinson, W. H. Auden, Jane Kenyon, and others, *Handbook for Mortals* addresses the needs of both the body and the spirit in our final years.



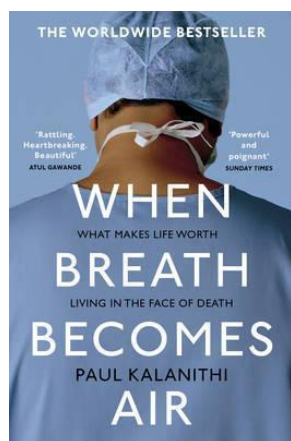
### **Being Mortal: Illness, Medicine and What Matters in the End.**

By Atul Gawande

Medical advances are extending our lives but sometimes this comes at the expense of our quality of life.

This 'must-read' book helps us to know the types of conversations we should be having with our medical carers, and the importance of communicating the things that matter to most to us.

Riveting, honest, and humane, *Being Mortal* shows how the ultimate goal is a good life - all the way to the very end.

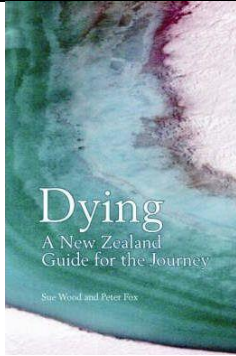


### **When Breath Becomes Air.** By Paul Kalanithi

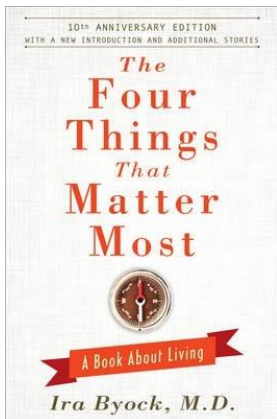
At the age of thirty-six, on the verge of completing a decade's training as a neurosurgeon, Paul Kalanithi was diagnosed with inoperable lung cancer. One day he was a doctor treating the dying, the next he was a patient struggling to live.

*When Breath Becomes Air* chronicles Kalanithi's transformation from a medical student asking what makes a meaningful life into a neurosurgeon working in the core of human identity - the brain - and finally into a patient and a new father.

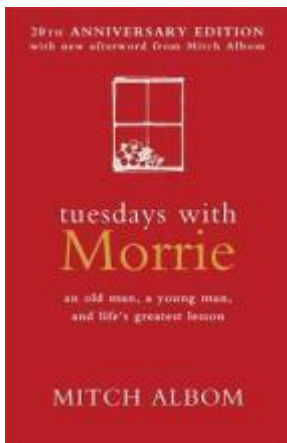
Paul Kalanithi died while working on this profoundly moving book, yet his words live on as a guide to us all. *When Breath Becomes Air* is a life-affirming reflection on facing our mortality and on the relationship between doctor and patient, from a gifted writer who became both.



**Dying; A New Zealand Guide for the Journey.** By Sue Wood and Peter Fox (NZ)  
This book has been written to help anyone who is dying, and their family and carers.  
Drawing on years of experience in hospice care and counselling, Sue Wood and Peter Fox discuss what they and others have found happening in the final stages of illness – what the dying person can expect, what others have found important to do – and generally how to respond positively and practically to the challenges of this difficult journey.

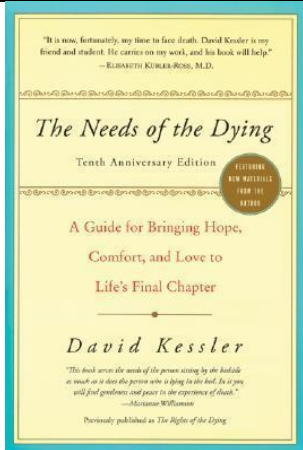


**The Four Things That Matter Most: A Book About Living.** By Ira Byock, M.D.  
Four simple phrases - "Please forgive me," "I forgive you," "Thank you," and "I love you"- carry enormous power to mend and nurture our relationships and inner lives. These four phrases and the sentiments they convey provide a path to emotional wellbeing. Dr. Ira Byock, an international leader in palliative care, explains how we can practice these life-affirming words in our day-to-day lives.

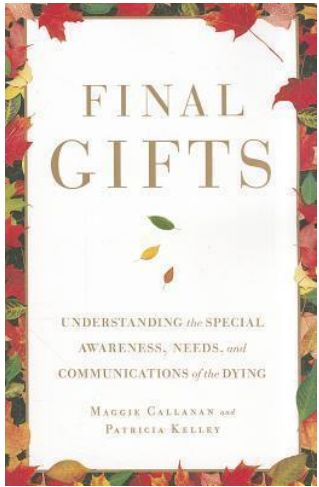


**Tuesdays with Morrie: An old man, a young man, and life's greatest lesson.** By Mitch Albom  
Tuesdays With Morrie is a magical chronicle of Mitch Albom's time with his college professor Morrie Schwartz who is dying of motor neurone disease. Their rekindled relationship turned into one final 'class': lessons in how to live and has become Morrie's lasting gift to the world.

**The Needs of the Dying: A Guide for Bringing Hope, Comfort and Love to Life's Final Chapter.** By David Kessler  
In gentle, compassionate language, The Needs of the Dying helps us through the last chapter of our lives. Author David Kessler has identified key areas of concern: the need to be treated as a living human being, the need for hope, the need to express emotions, the need to participate in care, the need for honesty, the need for spirituality, and the need to be free of

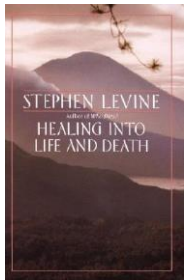


physical pain. Examining the physical and emotional experiences of life-challenging illnesses, Kessler provides a vocabulary for family members and for the dying that allows them to communicate with doctors, with hospital staff, and with one another, and - at a time when the right words are exceedingly difficult to find - he helps readers find a way to say good-bye. Using comforting and touching stories, he provides information to help us meet the needs of a loved one at this important time in our lives.



**Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying.** By Maggie Callanan and Patricia Kelley

In this moving and compassionate classic, hospice nurses Maggie Callanan and Patricia Kelley share their intimate experiences with patients at the end of life, drawn from more than twenty years' experience tending the terminally ill. Through their stories we come to appreciate the near-miraculous ways in which the dying communicate their needs, reveal their feelings, and even choreograph their own final moments; we also discover the gifts - of wisdom, faith, and love - that the dying leave for the living to share. Filled with practical advice on responding to the requests of the dying and helping them prepare emotionally and spiritually for death, Final Gifts shows how we can help the dying person live fully to the very end.

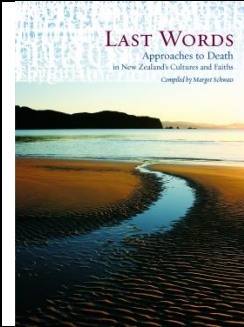


**Healing into Life and Death.** By Stephen Levine

In Healing Into Life And Death, Stephen Levine deals directly with the choice and application of treatment, offering original techniques for working with pain and grief, and discusses the development of a merciful awareness as a means of healing, as well as how to encourage others to do the same.

**Last Words: Approaches to Death in New Zealand's Cultures and Faiths.** Compiled by Margot Schwass (NZ)

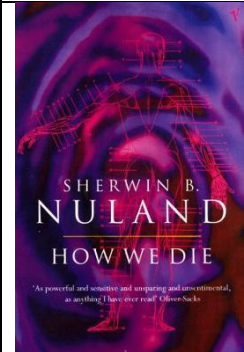
Death is part of all our lives – yet we often find it difficult to discuss, and we know little about how it is dealt with in other cultures. Last Words is designed in part for those dealing directly with death, looking at how to understand grief, and providing practical details on how to deal with inquests, coroners and burials. But it will also interest the general reader



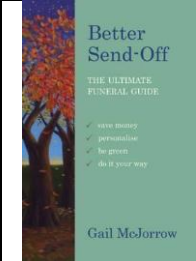
seeking to understand different perspectives – especially those of Māori – on death and dying.



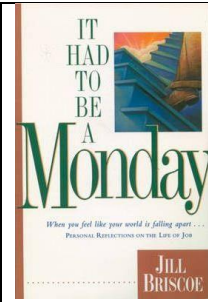
**Let's Talk About It! Finding Peace with Death and Dying in Everyday Life.** By Lea Rose  
Let's Talk About It is the essential book on death and dying to transform the way we die. Lea's unique and innovative approach educates us on: finding the courage to face our fear of death; empowerment for making conscious choices; creating a care team of family and friends to support real connection; and the true value of communication through open discussions in our own family.  
As well as recounting her own inspirational journey, Lea uses moving true stories to personalise the experience of death and break down barriers and negative feelings.



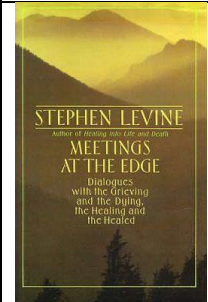
**How We Die.** By Sherwin B. Nuland  
There are many books intended to help people deal with the trauma of bereavement, but few which explore the reality of death itself. How We Die sets out to explain exactly what happens to each of us when we die. Sherwin B. Nuland, with over 30 years' experience as a surgeon, explains in detail the processes which take place in the body, and strips away many illusions about death. The result is a unique and compelling book, addressing the one final face that all of us must confront.



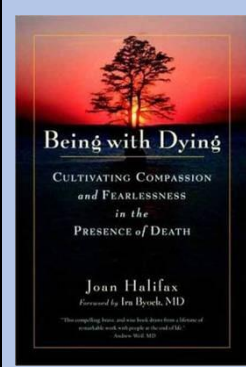
**Better Send-Off: The Ultimate Funeral Guide.** By Gail McJorow (NZ)  
This New Zealand book is designed to help you, your family and friends plan the send-off you want. It will help you get started on one of the most important tasks of your life with creative ideas, products and services, legal and financial information, and much more.



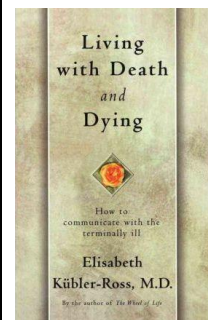
**It Had to be a Monday.** By Jill Briscoe  
 When you feel like your world is falling apart ....  
 Personal reflections on the Life of Job.  
 In this religious book, Jill Briscoe brings together the study of scripture, personal pain and renewal, and a lifetime of ministry experience to explore difficult questions about suffering.



**Meetings at the Edge: Dialogues with the Grieving and the Dying, the Healing and the Healed.** By Stephen Levine  
 Based on his extensive counselling work with the terminally ill, Levine's book integrates death into the context of life with compassion, skill, and hope. Capturing the range of emotions and challenges that accompany the dying process, he offers unique support to readers dealing with this difficult experience.

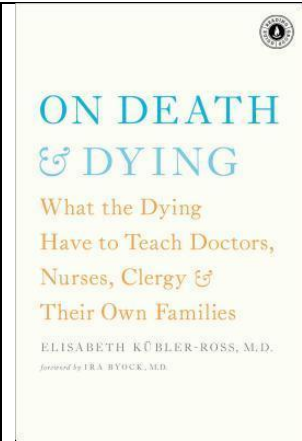


**Being with Dying: Cultivating compassion and fearlessness in the presence of death.** By Joan Halifax  
 The Buddhist approach to death can be of great benefit to people of all backgrounds as has been demonstrated time and again in Joan Halifax's decades of work with the dying and their caregivers. Inspired by traditional Buddhist teachings, her work is a source of wisdom for all those who are charged with a dying person's care, facing their own death, or wishing to explore and contemplate the transformative power of the dying process. Her teachings affirm that we can open and contact our inner strength, and that we can help others who are suffering to do the same.

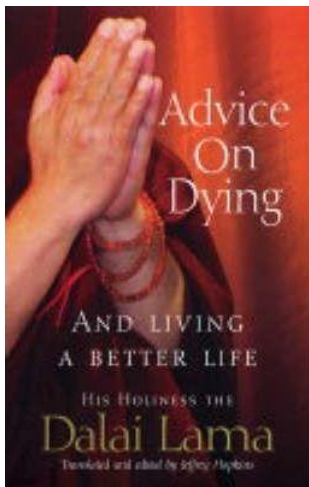


**Living with Death and Dying: How to communicate with the terminally ill.** By Elisabeth Kübler-Ross, M.D.  
 In this compassionate and moving guide to communicating with the terminally ill, Dr Elisabeth Kübler-Ross shares her tools for understanding how the dying convey their innermost knowledge and needs. Expanding on the workshops that have made her famous and loved around the world, she shows us the importance of meaningful dialogue in helping patients to die with peace and dignity.

**On Death and Dying: What the dying have to teach doctors, nurses, clergy & their own families.** By Elisabeth Kübler-Ross, M.D.  
 Ten years after Elisabeth Kübler-Ross's death, a commemorative edition with a new introduction and updated



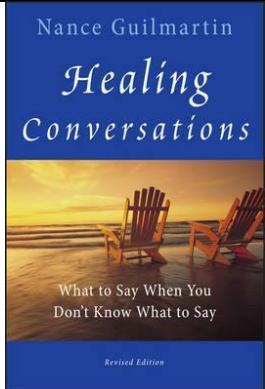
resources section of her beloved ground-breaking classic on the five stages of grief. One of the most important psychological studies of the late twentieth century, *On Death and Dying* grew out of Dr. Elisabeth Kübler-Ross's famous interdisciplinary seminar on death, life, and transition. In this remarkable book, Dr. Kübler-Ross first explored the now-famous five stages of death: denial and isolation, anger, bargaining, depression, and acceptance. Through sample interviews and conversations, she gives readers a better understanding of how imminent death affects the patient, the professionals who serve that patient, and the patient's family, bringing hope to all who are involved.



**Advice on Dying: And living a better life.** By His Holiness the Dalai Lama

In this ground-breaking book, the Dalai Lama advises us to gain familiarity with the process and practices of death so that, when we are physically weak, our minds can still be focused in the right direction, and in the right manner. *Advice on Dying* cautions us not to fall under the influence of the mistaken belief of permanence. We should not think that we have a lot of time in this life, because there is a great danger of wasting our lives in procrastination. He suggests we meditate on our lives, and on the indefiniteness of the time of death. For, though the time of our death is uncertain, death itself is certain.

In this empowering and positive book, His Holiness brings new inspiration to a subject that we, in the West, have long ignored to our detriment. It is only by taming our minds and fully facing the end of our lives, that we can fully live in the present moment.

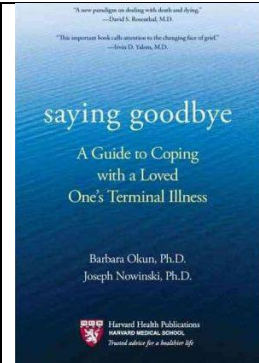


**Healing Conversations: What to say when you don't know what to say.** By Nance Guilmartin

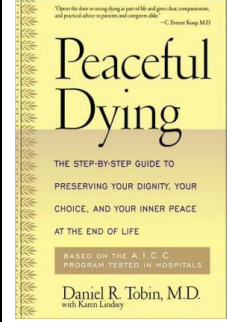
Filled with touching stories, this practical guide helps us step into someone else's shoes so that we can empathetically learn how to respond in times of need. The revised compact edition includes a new introduction, index and short reflections at the end of each chapter to help readers become more comfortable and effective when offering or accepting comfort in their demanding lives.

**Saying Goodbye: A guide to coping with a loved one's terminal illness.** By Barbara Okun & Joseph Nowinski

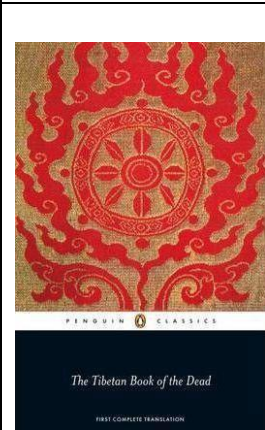
While medical advances have given us the gift of extending life, meaning that a loved one could survive months or even years before dying, it has also changed the way we grieve. Published



in collaboration with Harvard Health Publications, Saying Goodbye guides you through this complex journey, offering hope and healing for those who may be "living with death" for an extended period of time.



**Peaceful Dying: The step-by-step guide to preserving your dignity, your choice, and your inner peace at the end of life.**  
 By Daniel R. Tobin, M.D.  
 Based on the Advanced Illness Co-ordinated Care Programme, this book presents a 26-step programme designed to return control and peace to those who have entered this stage of life, and to help all involved - the dying, their families, and health-care providers, appreciate the challenges dying presents.



**The Tibetan Book of the Dead.** By Graham Coleman  
 One of the most influential of all Tibetan Buddhist texts in the West. A comprehensive guide to living and dying, The Tibetan Book of the Dead contains exquisitely written guidance and practices related to transforming our experience in daily life, on the processes of dying and the after-death state, and on how to help those who are dying. As originally intended this is as much a work for the living, as it is for those who wish to think beyond a mere conventional lifetime to a vastly greater and grander cycle.