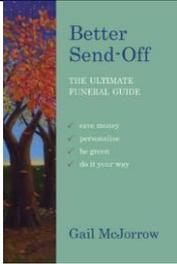
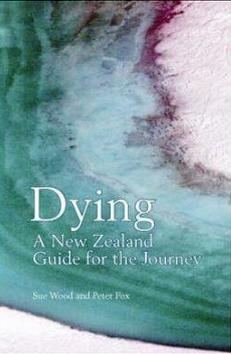
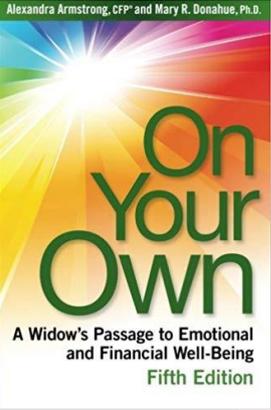
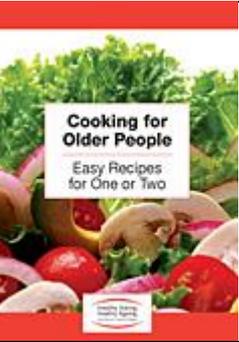
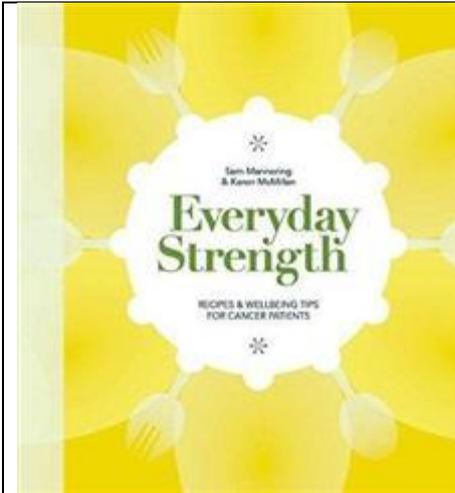


## Books on Practical Matters

	<p><b>Better Send-Off: The Ultimate Funeral Guide.</b> By Gail McJorow (NZ)</p> <p>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.</p>
	<p><b>Dying; A New Zealand Guide for the Journey.</b> By Sue Wood and Peter Fox (NZ)</p> <p>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.</p>
	<p><b>On your own; a widow's passage to emotional and financial security.</b> Alexandra Armstrong and Mary R Donahue.</p> <p>The authors share the stories of four widows of different ages and circumstances whose road to recovery illustrates how to best achieve emotional and financial well-being. The financial and legal information in this book is American based, but the general principles are transferrable.</p>
	<p><b>Cooking for older people; easy recipes for one or two.</b> Compiled by Sally Watson, Dietitian, Canterbury District Health Board. (NZ)</p> <p>The recipes in this book make nutritious and tasty meals, are quick and easy to prepare and use readily available ingredients.</p>



**Everyday strength; recipes and wellbeing tips for cancer patients.** By Sam Mannering and Karen McMillan. The authors know, from personal experience, the challenge of going through cancer treatments. They have created nourishing, easy-to-prepare, family-friendly recipes that are designed specifically for people who may be feeling unwell. Practical suggestions that may help with common symptoms such as exhaustion, changes in weight, nausea, pain and discomfort, are also included. There is also a special section of recipes especially designed to tempt young children, along with practical tips, for parents.