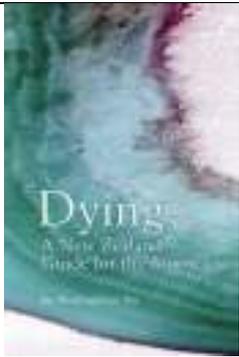
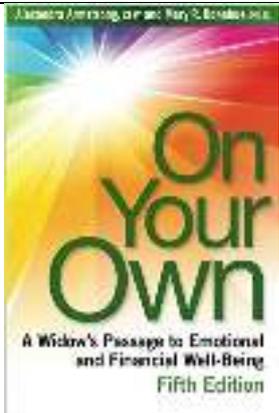
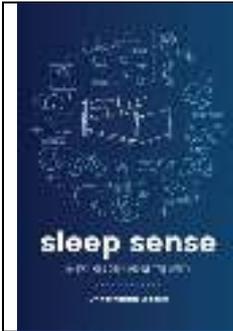


Books on Practical Matters

	<p>Better Send-Off: The Ultimate Funeral Guide. 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>Dying; A New Zealand Guide for the Journey. 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>On your own; a widow's passage to emotional and financial security. 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>Cooking for older people; easy recipes for one or two. 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>



Sleep sense; improve your sleep, improve your health. By Katharina Lederle.

Sleep specialist, Dr Lederle explores why we don't get enough sleep, what can interrupt our sleep, and how to improve our sleep. Sleep sense both informs and educates as it sets out clear guidelines and practical advice on how to achieve improved health through improved sleep.