

The Good Death An Exploration Of Dying In America

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Oxford Textbook of Palliative Medicine - Nathan I. Cherny 2015

Emphasising the multi-disciplinary nature of palliative care the fourth edition of this text also looks at the individual professional roles that contribute to the best-quality palliative care.

From Here to Eternity: Traveling the World to Find the Good Death - Caitlin Doughty 2017-10-03

A New York Times and Los Angeles Times Bestseller "Doughty chronicles [death] practices with tenderheartedness, a technician's fascination, and an unsentimental respect for grief." —Jill Lepore, *The New Yorker* Fascinated by our pervasive fear of dead bodies, mortician Caitlin Doughty embarks on a global expedition to discover how other cultures care for the dead. From Zoroastrian sky burials to wish-granting Bolivian skulls, she investigates the world's funerary customs and expands our sense of what it means to treat the dead with dignity. Her account questions the rituals of the American funeral industry—especially chemical embalming—and suggests that the most effective traditions are those that allow mourners to personally attend to the body of the deceased. Exquisitely illustrated by artist Landis Blair, *From Here to Eternity* is an adventure into the morbid unknown, a fascinating tour through the unique ways people everywhere confront mortality.

A Better Death - Ranjana Srivastava 2019-06-01

A powerful, timely exploration of the art of living

and dying on our own terms by one of Australia's most respected voices Of all the experiences we share, two universal events bookend our lives: we were all born and we will all die. We don't have a choice in how we enter the world but we can have a say in how we leave it. In order to die well, we must be prepared to contemplate our mortality and to broach it with our loved ones, who are often called upon to make important decisions on our behalf. These are some of the most important conversations we can have with each other - to find peace, kindness and gratitude for what has gone before, and acceptance of what is to come. Dr Ranjana Srivastava draws on two decades of experience to share her observations and advice on leading a meaningful life and finding dignity and composure at the end. With an emphasis on advocacy, leaving a legacy and staying true to our deepest convictions, Srivastava tells stories of strength, hope and resilience in the face of grief and offers an optimistic meditation on approaching the end of life. Intelligent, warm and deeply affecting, *A Better Death* is a passionate exploration of the art of living and dying well. Dr Ranjana Srivastava OAM is a practising oncologist, award-winning writer, broadcaster and Fulbright scholar. See www.ranjanasrivastava.com

[The Good Death](#) - Ann Neumann 2016-02-16 Following the death of her father, journalist and hospice volunteer Ann Neumann sets out to examine what it means to die well in the United States. When Ann Neumann's father was

diagnosed with non-Hodgkin's lymphoma, she left her job and moved back to her hometown of Lancaster, Pennsylvania. She became his full-time caregiver—cooking, cleaning, and administering medications. When her father died, she was undone by the experience, by grief and the visceral quality of dying. Neumann struggled to put her life back in order and found herself haunted by a question: Was her father's death a good death? The way we talk about dying and the way we actually die are two very different things, she discovered, and many of us are shielded from what death actually looks like. To gain a better understanding, Neumann became a hospice volunteer and set out to discover what a good death is today. She attended conferences, academic lectures, and grief sessions in church basements. She went to Montana to talk with the attorney who successfully argued for the legalization of aid in dying, and to Scranton, Pennsylvania, to listen to "pro-life" groups who believe the removal of feeding tubes from some patients is tantamount to murder. Above all, she listened to the stories of those who were close to death. What Neumann found is that death in contemporary America is much more complicated than we think. Medical technologies and increased life expectancies have changed the very definition of medical death. And although death is our common fate, it is also a divisive issue that we all experience differently. What constitutes a good death is unique to each of us, depending on our age, race, economic status, culture, and beliefs. What's more, differing concepts of choice, autonomy, and consent make death a contested landscape, governed by social, medical, legal, and religious systems. In these pages, Neumann brings us intimate portraits of the nurses, patients, bishops, bioethicists, and activists who are shaping the way we die. The Good Death presents a fearless examination of how we approach death, and how those of us close to dying loved ones live in death's wake. [Smoke Gets in Your Eyes: And Other Lessons from the Crematory](#) - Caitlin Doughty 2014-09-15

"Morbid and illuminating" (Entertainment Weekly)—a young mortician goes behind the scenes of her curious profession. Armed with a degree in medieval history and a flair for the

macabre, Caitlin Doughty took a job at a crematory and turned morbid curiosity into her life's work. She cared for bodies of every color, shape, and affliction, and became an intrepid explorer in the world of the dead. In this best-selling memoir, brimming with gallows humor and vivid characters, she marvels at the gruesome history of undertaking and relates her unique coming-of-age story with bold curiosity and mordant wit. By turns hilarious, dark, and uplifting, *Smoke Gets in Your Eyes* reveals how the fear of dying warps our society and "will make you reconsider how our culture treats the dead" (San Francisco Chronicle).

My Father's Wake - Kevin Toolis 2018-02-27
An intimate, lyrical look at the ancient rite of the Irish wake--and the Irish way of overcoming our fear of death. Death is a whisper for most of us. Instinctively we feel we should dim the lights, pull the curtains, and speak softly. But on a remote island off the coast of Ireland's County Mayo, death has a louder voice. Each day, along with reports of incoming Atlantic storms, the local radio runs a daily roll call of the recently departed. The islanders go in great numbers, young and old alike, to be with their dead. They keep vigil with the corpse and the bereaved company through the long hours of the night. They dig the grave with their own hands and carry the coffin on their own shoulders. The islanders cherish the dead--and amid the sorrow, they celebrate life, too. In *My Father's Wake*, acclaimed author and award-winning filmmaker Kevin Toolis unforgettably describes his own father's wake and explores the wider history and significance of this ancient and eternal Irish ritual. Perhaps we, too, can all find a better way to deal with our mortality--by living and loving as the Irish do.

On Death, Dying, and Disbelief - Candace R. M. Gorham 2021-10-21

Everyone grieves in their own way and according to their own timeframe, the accepted wisdom tells us. But those in mourning rarely find comfort in knowing this. Further, those attempting to support someone in mourning can do little with this advice, leaving them with a sense of helplessness. As a mental health professional and someone who has dealt with her own share of personal grief, Candace R. M. Gorham understands well the quest for relief.

The truth of the matter, she says, is there is no one way to grieve, but there are things that are important to pay attention to while mourning. While much of the advice she shares is universal, she pays particular attention to the struggle those who do not believe in a god or afterlife face with the loss of a loved one—and offers practical, life-affirming steps for them to remember and heal.

Die Wise - Stephen Jenkinson 2015-03-17

Die Wise does not offer seven steps for coping with death. It does not suggest ways to make dying easier. It pours no honey to make the medicine go down. Instead, with lyrical prose, deep wisdom, and stories from his two decades of working with dying people and their families, Stephen Jenkinson places death at the center of the page and asks us to behold it in all its painful beauty. *Die Wise* teaches the skills of dying, skills that have to be learned in the course of living deeply and well. *Die Wise* is for those who will fail to live forever. Dying well, Jenkinson writes, is a right and responsibility of everyone. It is not a lifestyle option. It is a moral, political, and spiritual obligation each person owes their ancestors and their heirs. *Die Wise* dreams such a dream, and plots such an uprising. How we die, how we care for dying people, and how we carry our dead: this work makes our capacity for a village-mindedness, or breaks it.

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Living with Death and Dying - Elisabeth Kübler-Ross 2011-07-19

In this compassionate and moving guide to communicating with the terminally ill, Dr. Elisabeth Kübler-Ross, the world's foremost expert on death and dying, 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.

A Good Death - Margaret Rice 2019-05-06

When her own mother died, Margaret Rice realised how completely unprepared she and her

family had been for the experience of companioning a loved one who is dying. So she decided to go in search of the information she couldn't find when she most needed it and write the book herself - a novice's guide to death. We live in a period of intense death denial. But what if we were to smash that taboo and ask questions we want answered, like how do we know when someone is close to dying, and how do we best care for them? What actually happens to our body when we die? How do we work with medical experts? How do we deal with the non-medical issues that will come up, such as wills, finances and even social media passwords? Is morphine used to nudge death along or is this just a myth? Where do questions about euthanasia fit in with personal, lived experience? Margaret Rice lifts the lid on the taboos that surround death, sharing practical information and compassionate advice from multiple sources to break down boundaries and offer better choices of care to suit individual needs. This is a book to help the dying and their carers feel less isolated, and help us all face death better.

A Social History of Dying - Allan Kellehear 2007-02-12

Our experiences of dying have been shaped by ancient ideas about death and social responsibility at the end of life. From Stone Age ideas about dying as otherworld journey to the contemporary Cosmopolitan Age of dying in nursing homes, Allan Kellehear takes the reader on a 2 million year journey of discovery that covers the major challenges we will all eventually face: anticipating, preparing, taming and timing for our eventual deaths. This book, first published in 2007, is a major review of the human and clinical sciences literature about human dying conduct. The historical approach of this book places our recent images of cancer dying and medical care in broader historical, epidemiological and global context. Professor Kellehear argues that we are witnessing a rise in shameful forms of dying. It is not cancer, heart disease or medical science that presents modern dying conduct with its greatest moral tests, but rather poverty, ageing and social exclusion.

The Art of Dying Well - Katy Butler 2020-02-11

This "comforting...thoughtful" (The Washington Post) guide to maintaining a high quality of

life—from resilient old age to the first inklings of a serious illness to the final breath—by the New York Times bestselling author of *Knocking on Heaven's Door* is a “roadmap to the end that combines medical, practical, and spiritual guidance” (The Boston Globe). “A common sense path to define what a ‘good’ death looks like” (USA TODAY), *The Art of Dying Well* is about living as well as possible for as long as possible and adapting successfully to change. Packed with extraordinarily helpful insights and inspiring true stories, award-winning journalist Katy Butler shows how to thrive in later life (even when coping with a chronic medical condition), how to get the best from our health system, and how to make your own “good death” more likely. Butler explains how to successfully age in place, why to pick a younger doctor and how to have an honest conversation with them, when not to call 911, and how to make your death a sacred rite of passage rather than a medical event. This handbook of preparations—practical, communal, physical, and spiritual—will help you make the most of your remaining time, be it decades, years, or months. Based on Butler’s experience caring for aging parents, and hundreds of interviews with people who have successfully navigated our fragmented health system and helped their loved ones have good deaths, *The Art of Dying Well* also draws on the expertise of national leaders in family medicine, palliative care, geriatrics, oncology, and hospice. This “empowering guide clearly outlines the steps necessary to prepare for a beautiful death without fear” (Shelf Awareness).

Death's Summer Coat: What the History of Death and Dying Teaches Us About Life and Living - Brandy Schillace 2016-01-15

In the tradition of *Being Mortal*, Brandy Schillace looks at what we can learn from the incredibly diverse ways in which humans have dealt with mortality in different times and places. Death is something we all confront—it touches our families, our homes, our hearts. And yet we have grown used to denying its existence, treating it as an enemy to be beaten back with medical advances. We are living at a unique point in human history. People are living longer than ever, yet the longer we live, the more taboo and alien our mortality becomes. Yet we, and our

loved ones, still remain mortal. People today still struggle with this fact, as we have done throughout our entire history. What led us to this point? What drove us to sanitize death and make it foreign and unfamiliar? Schillace shows how talking about death, and the rituals associated with it, can help provide answers. It also brings us closer together—conversation and community are just as important for living as for dying. Some of the stories are strikingly unfamiliar; others are far more familiar than you might suppose. But all reveal much about the present—and about ourselves.

Dying to Eat - Candi K. Cann 2017-11-09

Food has played a major role in funerary and memorial practices since the dawn of the human race. In the ancient Roman world, for example, it was common practice to build channels from the tops of graves into the crypts themselves, and mourners would regularly pour offerings of food and drink into these conduits to nourish the dead while they waited for the afterlife. Funeral cookies wrapped with printed prayers and poems meant to comfort mourners became popular in Victorian England; while in China, Japan, and Korea, it is customary to offer food not only to the bereaved, but to the deceased, with ritual dishes prepared and served to the dead. *Dying to Eat* is the first interdisciplinary book to examine the role of food in death, bereavement, and the afterlife. The contributors explore the phenomenon across cultures and religions, investigating topics including tombstone rituals in Buddhism, Catholicism, and Shamanism; the role of death in the Moroccan approach to food; and the role of funeral casseroles and church cookbooks in the Southern United States. This innovative collection not only offers food for thought regarding the theories and methods behind these practices but also provides recipes that allow the reader to connect to the argument through material experience. Illuminating how cooking and corpses both transform and construct social rituals, *Dying to Eat* serves as a fascinating exploration of the foodways of death and bereavement.

On Not Dying - Abou Farman 2020-04-21

An ethnographic exploration of technoscientific immortality. Immortality has long been considered the domain of religion. But

immortality projects have gained increasing legitimacy and power in the world of science and technology. With recent rapid advances in biology, nanotechnology, and artificial intelligence, secular immortalists hope for and work toward a future without death. On *Not Dying* is an anthropological, historical, and philosophical exploration of immortality as a secular and scientific category. Based on an ethnography of immortalist communities—those who believe humans can extend their personal existence indefinitely through technological means—and an examination of other institutions involved at the end of life, Abou Farman argues that secular immortalism is an important site to explore the tensions inherent in secularism: how to accept death but extend life; knowing the future is open but your future is finite; that life has meaning but the universe is meaningless. As secularism denies a soul, an afterlife, and a cosmic purpose, conflicts arise around the relationship of mind and body, individual finitude and the infinity of time and the cosmos, and the purpose of life. Immortalism today, Farman argues, is shaped by these historical and culturally situated tensions. Immortalist projects go beyond extending life, confronting dualism and cosmic alienation by imagining (and producing) informatic selves separate from the biological body but connected to a cosmic unfolding. *On Not Dying* interrogates the social implications of technoscientific immortalism and raises important political questions. Whose life will be extended? Will these technologies be available to all, or will they reproduce racial and geopolitical hierarchies? As human life on earth is threatened in the Anthropocene, why should life be extended, and what will that prolonged existence look like?

All the Living and the Dead - Hayley Campbell
2022-08-16

A deeply compelling exploration of the death industry and the people—morticians, detectives, crime scene cleaners, embalmers, executioners—who work in it and what led them there. We are surrounded by death. It is in our news, our nursery rhymes, our true-crime podcasts. Yet from a young age, we are told that death is something to be feared. How are we supposed to know what we're so afraid of, when we are never given the chance to look? Fueled

by a childhood fascination with death, journalist Hayley Campbell searches for answers in the people who make a living by working with the dead. Along the way, she encounters mass fatality investigators, embalmers, and a former executioner who is responsible for ending sixty-two lives. She meets gravediggers who have already dug their own graves, visits a cryonics facility in Michigan, goes for late-night Chinese with a homicide detective, and questions a man whose job it is to make crime scenes disappear. Through Campbell's incisive and candid interviews with these people who see death every day, she asks: Why would someone choose this kind of life? Does it change you as a person? And are we missing something vital by letting death remain hidden? A dazzling work of cultural criticism, *All the Living and the Dead* weaves together reportage with memoir, history, and philosophy, to offer readers a fascinating look into the psychology of Western death.

What Happens When We Die - Echo Bodine
2013-09-26

The success of mega-bestsellers like *Proof of Heaven* and *90 Minutes in Heaven* shows that readers hunger for insight into what happens when we die. But can we know? Are there those who've been "there" and back? Echo Bodine is beloved for her down-to-earth wisdom on the decidedly out of this world. In these pages, she shares her lifetime of learning — and personal experience — about the above questions. She offers practical tools for being with the dying (including what not to do), for grieving (through the poignant experience of her own mother's passing as Bodine was writing this book), and for cultivating clear and inspiring communication with the deceased. Learning what happens when we die turns out to be inspiring, reassuring, and profoundly life changing.

The Inevitable - Katie Engelhart 2022-08-09

A riveting, incisive, and wide-ranging book about the Right to Die movement, and the doctors, patients, and activists at the heart of this increasingly urgent issue. *Finalist for the New York Public Library's 2022 Helen Bernstein Book Award for Excellence in Journalism "A remarkably nuanced, empathetic, and well-crafted work of journalism."—Brooke Jarvis, *The New Yorker* More states and countries are passing right-to-die laws that allow the sick and

suffering to end their lives at pre-planned moments, with the help of physicians. But *The Inevitable* moves beyond margins of the law to the people who are meticulously planning their final hours—far from medical offices, legislative chambers, hospital ethics committees, and polite conversation. Further still, it shines a light on the people who help them: loved ones and, sometimes, clandestine groups on the Internet that together form the “euthanasia underground.” Katie Engelhart, a veteran journalist, focuses on six people representing different aspects of the right to die debate. Two are doctors: a California physician who runs a boutique assisted death clinic and has written more lethal prescriptions than anyone else in the U.S.; an Australian named Philip Nitschke who lost his medical license for teaching people how to end their lives painlessly and peacefully at “DIY Death” workshops. The other four chapters belong to people who said they wanted to die because they were suffering unbearably—of old age, chronic illness, dementia, and mental anguish—and saw suicide as their only option. Spanning North America, Europe, and Australia, *The Inevitable* offers a deeply reported and fearless look at a morally tangled subject. It introduces readers to ordinary people who are fighting to find dignity and authenticity in the final hours of their lives.

With the End in Mind - Kathryn Mannix
2018-01-16

For readers of Atul Gawande and Paul Kalanithi, a palliative care doctor's breathtaking stories from 30 years spent caring for the dying. Modern medical technology is allowing us to live longer and fuller lives than ever before. And for the most part, that is good news. But with changes in the way we understand medicine come changes in the way we understand death. Once a familiar, peaceful, and gentle -- if sorrowful -- transition, death has come to be something from which we shield our eyes, as we prefer to fight desperately against it rather than accept its inevitability. Dr. Kathryn Mannix has studied and practiced palliative care for thirty years. In *With the End in Mind*, she shares beautifully crafted stories from a lifetime of caring for the dying, and makes a compelling case for the therapeutic power of approaching death not with trepidation, but with openness,

clarity, and understanding. Weaving the details of her own experiences as a caregiver through stories of her patients, their families, and their distinctive lives, Dr. Mannix reacquaints us with the universal, but deeply personal, process of dying. With insightful meditations on life, death, and the space between them, *With the End in Mind* describes the possibility of meeting death gently, with forethought and preparation, and shows the unexpected beauty, dignity, and profound humanity of life coming to an end.

Approaching the End - David Albert Jones
2007-08-30

David Albert Jones considers two basic questions: how can we live well in the face of death? and when, if ever, is it legitimate deliberately to bring human life to an end? He focuses upon the distinct theological approaches to death shown by four outstanding Christian thinkers: Ambrose of Milan, Augustine of Hippo, Thomas Aquinas, and Karl Rahner. Jones's aim is not primarily to make a contribution to the history of theology, but rather, through engagement with the thought of theologians of the past, to reflect on some of the practical and existential issues that the approach of death presents for all of us.

Death and Dying - Sarah Earle 2008-12-01

This book draws together a range of both classic and newly commissioned pieces on the multidisciplinary study of death and dying. Organized into five parts, the book begins with a general exploration of the meaning of death, before moving on to consider caring at the end-of-life. Further readings explore the moral and ethical dilemmas in the context of death and dying. The fourth part of the book examines the issue of grief and ritual after death. The final part considers some of the issues that arise when researching the field of death and dying.

Dying with Ease - Jeff Spiess 2020-10-11

Death may be inevitable, but fearing the end-of-life is avoidable. Learn how to put your fear of your final days to rest. We all know we are going to die, but live as though we don't believe it. Rather than explore our options and consider the possibilities that can impact our final days, we ignore the idea altogether out of fear. By avoiding the topic of death, we increase the pain and grief we experience at the end of life, and the suffering of those left behind. After three

decades of caring for the dying, Dr. Jeff Spiess argues that if we honestly face our mortality, we will make wiser decisions, die with less distress, and live the remainder of our lives, whether days or decades, more fully and with less anxiety. Using cultural and religious references alongside poignant narratives, this optimistic work informs, inspires, and challenges our cognitive and emotional understandings of our own lives and deaths. *Dying with Ease* contains the practical nuts and bolts information about advance care planning, hospice, palliative care, and ethical and legal issues surrounding dying in America. Dr. Spiess answers such questions as: How can I plan for the last part of my life? What options do I have if my suffering is unbearable? What do religion and spiritual philosophy have to say about dying? What does it feel like to die? While dying can be difficult, it can also be beautiful. By learning to relax in the face of death at our current stage of life, we can make wiser and more authentic decisions throughout the rest of our lives-- however long they may be.

Healing the Dying - Mary Jane Linn 1979

Will help the sick, the dying and those who care for them.

The Death and Life of the Great Lakes - Dan Egan 2017-03-07

New York Times Bestseller Winner of the Los Angeles Times Book Prize Winner of the J. Anthony Lukas Award "Nimbly splices together history, science, reporting and personal experiences into a taut and cautiously hopeful narrative.... Egan's book is bursting with life (and yes, death)." —Robert Moor, New York Times Book Review The Great Lakes—Erie, Huron, Michigan, Ontario, and Superior—hold 20 percent of the world's supply of surface fresh water and provide sustenance, work, and recreation for tens of millions of Americans. But they are under threat as never before, and their problems are spreading across the continent. The Death and Life of the Great Lakes is prize-winning reporter Dan Egan's compulsively readable portrait of an ecological catastrophe happening right before our eyes, blending the epic story of the lakes with an examination of the perils they face and the ways we can restore and preserve them for generations to come.

At Heaven's Door - William J. Peters
2022-01-18

A "brilliant and fascinating" (Eben Alexander, MD, author of *Proof of Heaven*) exploration—rich with powerful personal stories and convincing research—of the many ways the living can and do accompany the dying on their journey into the afterlife. In 2000, end-of-life therapist William Peters was volunteering at the Zen Hospice Project in San Francisco when he had an extraordinary experience as he was reading aloud to a patient: he suddenly felt himself floating midair, completely out of his body. The patient, who was also aloft, looked at him and smiled. The next moment, Peters felt himself return to his body...but his patient never regained consciousness and died. Perplexed and stunned by what had happened, Peters began searching for other people who'd shared similar experiences. He would spend the next twenty years gathering and meticulously categorizing their stories to identify key patterns and features of what is now known as the "shared crossing" experience. The similarities, which cut across continents and cultures and include awe-inspiring visual and sensory effects, and powerful emotional aftershocks. The book is filled with "moving and tender" (Jack Kornfield, PhD, author of *A Path with Heart*) tales of spouses seeing their loved ones reach the other side after decades together and bereaved parents who share their children's entry into the afterlife. Applying rigorous research, Peters digs into the effects of these shared crossing experiences impart—liberation at the sight of a loved one finding joy, a sense of reconciliation if the relationship was fraught—and explores questions like: What can explain these shared death experiences? How can we increase our likelihood of having one? What do these experiences tell us about what lies beyond? And, most importantly, how can they help take away the sting of death and better prepare us for our own final moments? How can we have both a better life and a better death?

That Good Night - Sunita Puri 2020-03-03

"A profound exploration of what it means for all of us to live—and to die—with dignity and purpose." —People "Visceral and lyrical." —The Atlantic As the American born daughter of immigrants, Dr. Sunita Puri knew from a young age that the gulf between her parents' experiences and her own was impossible to

bridge, save for two elements: medicine and spirituality. Between days spent waiting for her mother, an anesthesiologist, to exit the OR, and evenings spent in conversation with her parents about their faith, Puri witnessed the tension between medicine's impulse to preserve life at all costs and a spiritual embrace of life's temporality. And it was that tension that eventually drew Puri, a passionate but unsatisfied medical student, to palliative medicine--a new specialty attempting to translate the border between medical intervention and quality-of-life care.

Interweaving evocative stories of Puri's family and the patients she cares for, *That Good Night* is a stunning meditation on impermanence and the role of medicine in helping us to live and die well, arming readers with information that will transform how we communicate with our doctors about what matters most to us.

Final Gifts - Maggie Callanan 2012-02-14

In this moving and compassionate classic—now updated with new material from the authors—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.

A good death from the perspective of patients with severe illness and advance care planning (ACP) in patients near end-of-life - Lisa Kastbom 2021-03-23

Previous research has indicated that what constitutes a good death is heterogenic and complex although there are some recurrent themes and similarities regardless individual background factors. Studies on advance care planning (ACP), i.e. making proactive plans regarding content of care and treatment limitations, on nursing home (NH) patients are rare. Positive effects of ACPs are shown, but also

that these often are lacking. The overall aim with this thesis was to explore the perceptions of a good death from the perspective of patients with severe illness and to investigate, from different perspectives, experiences of ACP in a NH context. In paper I, patients with cancer in a palliative phase were interviewed on their perceptions of a good death. Death was viewed as a process and previous experiences on the death of others influenced their own perceptions. A good death was associated with living with the prospect of imminent death, preparing oneself and others for one's death and dying comfortably, e.g. without suffering, with independence and with social relations intact. Some were comforted by their belief that death is predetermined, and that after death, there is something else. Others felt uncomfortable when they viewed death as the end of the existence. In paper II, nurses and physicians were interviewed on their experiences of the factors that shape the ACP process in NHs. Exploration of the patient's preferences regarding content of care and treatment limitations was important, as well as integration of the patient's preferences and the views of the family members and staff concerning these questions. ACP documentation had to be clear, updated and available for staff and the implementation and reevaluation of ACP were also considered important, according to the participants. Significance of clinicians' perceiving beneficence as well as fear of accusations of maleficence were shown to be essential factors to contemplate. In a retrospective chart review (paper III), medical records of 367 deceased NH patients were analysed. A high prevalence of ACP was shown, using two different definitions of ACP (ACP I and ACP II). Moreover, adherence to the ACP content was strong and positive associations were seen between ACP and variables of the three research aims, such as: diagnosis (dementia), physician attendance at NH and end-of-life (EOL) care. In paper IV, family members of deceased NH patients were interviewed on their experiences of ACP in NHs. EOL issues were challenging to talk about, although the family members appreciated staff raising these questions. The patient's preferences were sometimes explicitly or implicitly communicated. However, in some cases, family members had a

feeling of the patient's preferences, although they had not been clearly communicated. Everyday details symbolised staff commitment. The family members viewed the nurse as central. The physician was described as absent and ACP meetings often went unnoticed. Both involvement and lack of involvement could cause the family members feelings of guilt. In conclusion, we found that what constitutes a good death is highly individual, although recurrent themes are seen. EOL conversations are important and challenging and need staff training and experience. It seems important to support healthcare staff not only to initiate ACP in NH patients, but also to involve the patient and family members in the ACP and planning EOL care. Making proactive plans regarding content of care including treatment limitations, could enable patient autonomy, optimise the chances for the patient to experience a good death and enhance for the family members during the dying trajectory and after the patient's death.

Things I've Learned from Dying - David R. Dow 2014-01-07

"Every life is different, but every death is the same. We live with others. We die alone." In his riveting, artfully written memoir *The Autobiography of an Execution*, David Dow enraptured readers with a searing and frank exploration of his work defending inmates on death row. But when Dow's father-in-law receives his own death sentence in the form of terminal cancer, and his gentle dog Winona suffers acute liver failure, the author is forced to reconcile with death in a far more personal way, both as a son and as a father. Told through the disparate lenses of the legal battles he's spent a career fighting, and the intimate confrontations with death each family faces at home, **THINGS I'VE LEARNED FROM DYING** offers a poignant and lyrical account of how illness and loss can ravage a family. Full of grace and intelligence, Dow offers readers hope without cliché and reaffirms our basic human needs for acceptance and love by giving voice to the anguish we all face--as parents, as children, as partners, as friends--when our loved ones die tragically, and far too soon.

A Good Death - Sandra Martin 2016-04-12
Having a good death is our final human right,

argues Sandra Martin in this updated and expanded version of her bestselling and award-winning social history of the right to die movement in Canada and around the world. Winner of the BC National Award for Canadian Non-Fiction, finalist for both the Donner Prize in Public Policy and the Dafoe Prize for History, *A Good Death* has a new chapter on Canada's Medical Assistance in Dying Law. The law allows mentally competent adults, who are suffering grievously from incurable conditions, to ask for a doctor's help in ending their lives. Does the law go far enough? No, says Martin. She delivers compelling stories about the patients the law ignores: people with life-crushing diseases who are condemned to suffer because their natural deaths are not reasonably foreseeable. With a clear analytical eye, she exposes the law's shortcomings and outlines constitutional challenges, including the presumed right of publicly-funded faith-based institutions to deny suffering patients a legal medical service. Martin argues that Canada can set an example for the world if it can strike a balance between compassion for the suffering and protection of the vulnerable, between individual choice and social responsibility. *A Good Death* asks the tough question none of us can avoid: How do you want to die? The answer will change your life—and your death. "[An] excellent new book. . . .The timeliness is hard to overstate." —*The Globe and Mail* "What truly distinguishes this book is the reportage on individuals and families who have fought to arrange for a better death. . . . These first-hand experiences are the beating heart of a timely and powerful examination." —2017 BC National Award for Canadian Non-Fiction Jury Citation

The American Way of Death - Jessica Mitford 1963

An expose on America's multimillion-dollar burial policy.

The Good Death - Ann Neumann 2016-02-16
Following the death of her father, journalist and hospice volunteer Ann Neumann sets out to examine what it means to die well in the United States. When Ann Neumann's father was diagnosed with non-Hodgkin's lymphoma, she left her job and moved back to her hometown of Lancaster, Pennsylvania. She became his full-time caregiver—cooking, cleaning, and

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administering medications. When her father died, she was undone by the experience, by grief and the visceral quality of dying. Neumann struggled to put her life back in order and found herself haunted by a question: Was her father's death a good death? The way we talk about dying and the way we actually die are two very different things, she discovered, and many of us are shielded from what death actually looks like. To gain a better understanding, Neumann became a hospice volunteer and set out to discover what a good death is today. She attended conferences, academic lectures, and grief sessions in church basements. She went to Montana to talk with the attorney who successfully argued for the legalization of aid in dying, and to Scranton, Pennsylvania, to listen to "pro-life" groups who believe the removal of feeding tubes from some patients is tantamount to murder. Above all, she listened to the stories of those who were close to death. What Neumann found is that death in contemporary America is much more complicated than we think. Medical technologies and increased life expectancies have changed the very definition of medical death. And although death is our common fate, it is also a divisive issue that we all experience differently. What constitutes a good death is unique to each of us, depending on our age, race, economic status, culture, and beliefs. What's more, differing concepts of choice, autonomy, and consent make death a contested landscape, governed by social, medical, legal, and religious systems. In these pages, Neumann brings us intimate portraits of the nurses, patients, bishops, bioethicists, and activists who are shaping the way we die. The Good Death presents a fearless examination of how we approach death, and how those of us close to dying loved ones live in death's wake.

The Five Invitations - Frank Ostaseski
2017-03-14

Death is not waiting for us at the end of a long road. Death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight, helping us to discover what matters most. Life and death are a package deal. They cannot be pulled apart and we cannot truly live unless we are aware of death. The Five Invitations is an exhilarating meditation on the meaning of life and how maintaining an ever-

present consciousness of death can bring us closer to our truest selves. As a renowned teacher of compassionate caregiving and the cofounder of the Zen Hospice Project, Frank Ostaseski has sat on the precipice of death with more than a thousand people. In *The Five Invitations*, he distills the lessons gleaned over the course of his career, offering an evocative and stirring guide that points to a radical path to transformation. The Five Invitations: -Don't Wait -Welcome Everything, Push Away Nothing -Bring Your Whole Self to the Experience -Find a Place of Rest in the Middle of Things -Cultivate Don't Know Mind These Five Invitations show us how to wake up fully to our lives. They can be understood as best practices for anyone coping with loss or navigating any sort of transition or crisis; they guide us toward appreciating life's preciousness. Awareness of death can be a valuable companion on the road to living well, forging a rich and meaningful life, and letting go of regret. *The Five Invitations* is a powerful and inspiring exploration of the essential wisdom dying has to impart to all of us.

Dying to Know - Tani Bahti 2006

Written directly to the person facing the end of life, it compassionately but frankly clarifies the mystery of dying by describing the physical, psychosocial and spiritual changes that may be encountered and how best to understand and manage them. By helping the reader overcome fears and misconceptions, it provides comfort, empowerment and understanding to everyone involved at this important time of life. Audio version also available with book purchase.

Sleeping, Dreaming, and Dying - Dalai Lama
2002-05-01

This is an absorbing account of a dialogue between leading Western scientists and the foremost representative of Buddhism today, the Dalai Lama of Tibet. For modern science, the transitional states of consciousness lie at the forefront of research in many fields. For a Buddhist practitioner these same states present crucial opportunities to explore and transform consciousness itself. This book is the account of a historic dialogue between leading Western scientists and the Dalai Lama of Tibet. Revolving around three key moments of consciousness--sleep, dreams, and death--the conversations recorded here are both engrossing and highly

readable. Whether the topic is lucid dreaming, near-death experiences, or the very structure of consciousness itself, the reader is continually surprised and delighted. Narrated by Francisco Varela, an internationally recognized neuroscientist, the book begins with insightful remarks on the notion of personal identity by noted philosopher Charles Taylor, author of the acclaimed *Sources of Self*. This sets the stage for Dr. Jerome Engel, Dr. Joyce MacDougal, and others to engage in extraordinary exchanges with the Dalai Lama on topics ranging from the neurology of sleep to the yoga of dreams. Remarkable convergences between the Western scientific tradition and the Buddhist contemplative sciences are revealed. Dr. Jayne Gackenbach's discussion of lucid dreaming, for example, prompts a detailed and fascinating response from the Dalai Lama on the manipulation of dreams by Buddhist meditators. The conversations also reveal provocative divergences of opinion, as when the Dalai Lama expresses skepticism about "Near-Death Experiences" as presented by Joan Halifax. The conversations are engrossing and highly readable. Any reader interested in psychology, neuroscience, Buddhism, or the alternative worlds of dreams will surely enjoy *Sleeping, Dreaming, and Dying*.

In The Slender Margin - Eve Joseph
2014-04-22

Part memoir, part meditation, this book is an exploration of death from an "insider's" point of view. Using the threads of her brother's early death and her twenty years of work in hospice care, Eve Joseph utilizes history, religion, philosophy, literature, personal anecdote, mythology, poetry and pop culture to discern the unknowable and illuminate her travels through the land of the dying. This is neither an academic text nor a self-help manual; rather, it is a foray into the land of death and dying as seen through the lens of art and the imagination. Rather than relying solely on narrative, *In the Slender Margin* gains momentum from a build-up of thematic resonances. Joseph writes toward thinking about death and in the process finds the brother she lost as a young girl. She wrote the book as a way to understand what she had seen: the mysterious and the horrific. Replete with literary allusions and references, from Joan

Didion and Susan Sontag to D. H. Lawrence and Voltaire, this is an absolutely absorbing and inspired consideration of how we die and how we deal with it; a profoundly moving and helpful meditation on the mystery that awaits us all.
[What Happens After You Die](#) - Randy Frazee
2017-05-02

Popular pastor Randy Frazee answers perennial questions about life after death with an accessible exploration of what the Bible has to say on the subject. In both Christian and pop culture, there is a certain fascination with the afterlife. What happens after you die? What happens if you die with Christ or without Christ? What happens when Jesus returns if you have or haven't accepted Christ? What exactly comes next? Randy Frazee, popular pastor of Oak Hills Church and general editor of the wildly successful *Believe* and *The Story* programs, answers these questions and more. Born out of a deeply personal search for truth after the death of his mother, *What Happens After You Die* is a straightforward exploration of what the Bible says about life after death. From heaven and hell to the Lake of Fire and the actual presence of God, Frazee uncovers what is simply cultural tradition and what is truly biblical. He shows readers not only the death Jesus came to save us from but the life he came to save us for. Based on a teaching series that has had more online views than any other series Frazee has done to date, *What Happens After You Die* is a guide to the perennial questions about life and death, what comes next, and how we should live until then.

Bringing Death to Life - Patricia Scanlan
2019-10-23

Bringing Death to Life shines light onto a subject that is too often feared or avoided in our everyday conversations: death. But the authors of this book suggest that it might be wiser to recognize, understand and accept death rather than be frightened of it. When Patricia lost her parents, she experienced a journey of loss and grief, which later became the catalyst for this book. Patricia shares her story with us as her co-authors, Aidan, Mary Helen and Pamela, offer insights into a wide range of topics, including facing the fear of death, the aftermath of loss, being present during the death of a loved one, and connecting to signs and messages from

beyond. Prayers, affirmations, and remarkable stories of the afterlife also make up this special, thought-provoking and deeply comforting book.

The Good Death - Ann Neumann 2017-02-07

Following the death of her father, journalist and hospice volunteer Ann Neumann sets out to examine what it means to die well in the United States. When Ann Neumann's father was diagnosed with non-Hodgkin's lymphoma, she left her job and moved back to her hometown of Lancaster, Pennsylvania. She became his full-time caregiver—cooking, cleaning, and administering medications. When her father died, she was undone by the experience, by grief and the visceral quality of dying. Neumann struggled to put her life back in order and found herself haunted by a question: Was her father's death a good death? The way we talk about dying and the way we actually die are two very different things, she discovered, and many of us are shielded from what death actually looks like. To gain a better understanding, Neumann became a hospice volunteer and set out to discover what a good death is today. She attended conferences, academic lectures, and grief sessions in church basements. She went to Montana to talk with the attorney who successfully argued for the legalization of aid in dying, and to Scranton, Pennsylvania, to listen to "pro-life" groups who believe the removal of feeding tubes from some patients is tantamount to murder. Above all, she listened to the stories of those who were close to death. What Neumann found is that death in contemporary America is much more complicated than we think. Medical technologies and increased life expectancies have changed the very definition of medical death. And although death is our common fate, it is also a divisive issue that we all experience differently. What constitutes a good death is unique to each of us, depending on our age, race, economic status, culture, and beliefs. What's more, differing concepts of choice, autonomy, and consent make death a contested landscape, governed by social, medical, legal, and religious systems. In these pages, Neumann brings us intimate portraits of the nurses, patients, bishops, bioethicists, and activists who are shaping the way we die. The Good Death presents a fearless examination of how we approach death, and how those of us

close to dying loved ones live in death's wake. *The City of Good Death* - Priyanka Champaneri 2021-02-23

Winner of the Restless Books Prize for New Immigrant Writing, Priyanka Champaneri's transcendent debut novel brings us inside India's holy city of Banaras, where the manager of a death hostel shepherds the dying who seek the release of a good death, while his own past refuses to let him go. Banaras, Varanasi, Kashi: India's holy city on the banks of the Ganges has many names but holds one ultimate promise for Hindus. It is the place where pilgrims come for a good death, to be released from the cycle of reincarnation by purifying fire. As the dutiful manager of a death hostel in Kashi, Pramesh welcomes the dying and assists families bound for the funeral pyres that burn constantly on the ghats. The soul is gone, the body is burnt, the time is past, he tells them. Detach. After ten years in the timeless city, Pramesh can nearly persuade himself that here, there is no past or future. He lives contentedly at the death hostel with his wife, Shobha, their young daughter, Rani, the hostel priests, his hapless but winning assistant, and the constant flow of families with their dying. But one day the past arrives in the lifeless form of a man pulled from the river—a man with an uncanny resemblance to Pramesh. Called "twins" in their childhood village, he and his cousin Sagar are inseparable until Pramesh leaves to see the outside world and Sagar stays to tend the land. After Pramesh marries Shobha, defying his family's wishes, a rift opens up between the cousins that he has long since tried to forget. Do not look back. Detach. But for Shobha, Sagar's reemergence casts a shadow over the life she's built for her family. Soon, an unwelcome guest takes up residence in the death hostel, the dying mysteriously continue to live, and Pramesh is forced to confront his own ideas about death, rebirth, and redemption. Told in lush, vivid detail and with an unforgettable cast of characters, *The City of Good Death* is a remarkable debut novel of family and love, memory and ritual, and the ways in which we honor the living and the dead. PRAISE FOR THE CITY OF GOOD DEATH "In Champaneri's ambitious, vivid debut, the dying come to the holy city of Kashi to die a good death that frees them from the burden of reincarnation.... In

sharp prose, Champaneri explores the power of stories—those the characters tell themselves, those told about them, and those they believe. . . . This epic, magical story of death teems with life.” —Publishers Weekly “Brimming with characters whose lives overlap and whose stories interweave, Champaneri’s exquisite debut delves into the consequences of the past, and how stories that are told can become reality even when they contain barely a shred of truth. As Pramesh discovers, the bitterness of past wounds can bring hope for redemption and life.” —Bridget Thoreson, Booklist “Lush prose evokes the thick, close atmosphere of Kashi and the intricate religious practices upon which life and death depend. Rumor and superstition hold sway over even the most level-headed people, twisting what’s explainable into something extraordinary—with tragic consequences. . . . The City of Good Death is a breathtaking, unforgettable novel about how remembering the

past is just as important as moving on.” —Eileen Gonzalez, Foreword Reviews, Starred Review “Champaneri’s Kashi is teeming and vivid . . . the book frequently charms, and it’s as full of humor, warmth, and mystery as Kashi’s own marketplace.” —Kirkus Reviews “The City of Good Death is the debut novel of Priyanka Champaneri but it has the confidence of a master storyteller. Drawing on the rich literary traditions of Salman Rushdie and Arundhati Roy, Champaneri’s epic saga will satisfy armchair travelers thirsty for adventure, and sick of looking out their windows.” —Chicago Review of Books “In intricate detail and with remarkable skill, Champaneri writes a powerful tale about the pull of the past and our aching need to understand the mysteries and misunderstandings that thwart our relationships. An atmospheric and immersive debut with a rich cast of characters you won’t soon forget.” —Marjan Kamali, author of *The Stationery Shop*