

Bermuda National Library

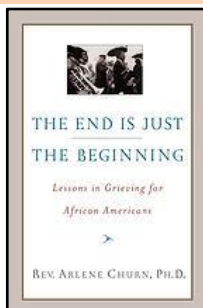
A Selection of Titles for Final Steps, Departure Lounge Chats

April 2020

Circulating Books

Psychology

Grief/Death

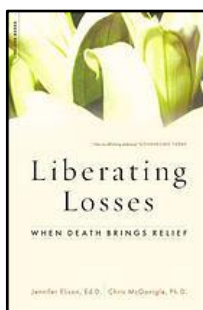


155.937 C

Churn, Arlene H. The end is just the beginning : lessons in grieving for African Americans / Arlene H. Churn. New York : Harlem Moon Broadway, c2003. xi, 241 p. ; 21 cm.

Includes bibliographical references (p. 239-241).

Subject: 1. African Americans--Psychology. 2. Bereavement--Psychological aspects. 3. Death--Psychological aspects. 4. Grief. 5. Loss (Psychology)

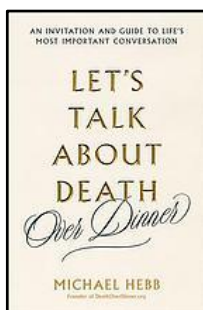


155.937 E

Elison, Jennifer. Liberating losses : when death brings relief / Jennifer Elison, Chris McGonigle. Cambridge, MA : Da Capo Lifelong Books, 2004, c2003. xxiv, 214 p. ; 21 cm.

Includes bibliographical references and index. Originally published in hardcover: Cambridge, MA : Perseus, 2003.

Subject: 1. Bereavement--Psychological aspects. 2. Death--Psychological aspects.



155.937 H

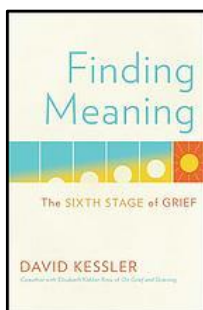
Hebb, Michael. Let's talk about death (over dinner) : an invitation and guide to life's most important conversation / Michael Hebb. New York, NY : Da Capo Life Long, 2018.

viii, 246 pages ; 22 cm.

Includes bibliographical references (pages 232-238) and index.

Offers practical advice for having end-of-life conversations that are celebratory and create meaningful opportunities.

Subject: 1. Death. 2. Terminal care.

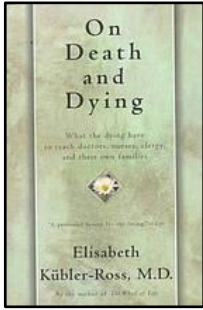


155.937 K

Kessler, David, 1959- Finding meaning : the sixth stage of grief / David Kessler ; written with support of the Elisabeth Kübler-Ross Family and the Elisabeth Kübler-Ross Foundation. New York : Scribner, 2019. ix, 256 pages ; 22 cm.

"In this groundbreaking new work, David Kessler-an expert on grief and the coauthor with Elisabeth Kübler-Ross of the iconic On Grief and Grieving-journeys beyond the classic five stages to discover a sixth stage: meaning"--Provided by publisher.

Subject: 1. Death--Psychological aspects. 2. Grief. 3. Meaning (Psychology)

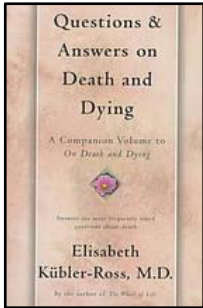


155.937 K

Kübler-Ross, Elisabeth. On death and dying : what the dying have to teach doctors, nurses, clergy, and their own families / Elisabeth Kübler-Ross. New York : Scribner, 2003. 286 p. ; 22 cm.

Explains the attitudes of the dying toward themselves and others and presents a humane approach to relieving the psychological suffering of the terminally ill and their families. Includes bibliographical references (p. 277-286). Originally published: New York : Macmillan, 1969.

Subject: 1. Death--Psychological aspects. 2. Terminally ill--Psychology.

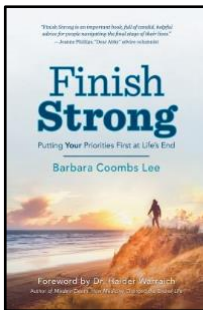


155.937 K

Kübler-Ross, Elisabeth. Questions and answers on death and dying : a companion volume to On death and dying / Elisabeth Kübler-Ross. New York : Simon & Schuster, 1997. xii, 177 p. ; 21 cm.

"A Touchstone book." Includes index. Previously published: Macmillan, 1974.

Subject: 1. Death. 2. Terminal care.



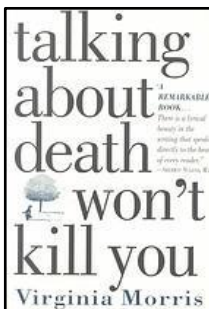
155.937 L

Lee, Barbara Coombs, 1947- Finish strong : putting your priorities first at life's end / Barbara Coombs Lee. Littleton, CO : Compassion & Choices : [2019] xvii, 275 pages ; 23 cm.

"Finish Strong is for those of us who want an end-of-life experience to match the life we've enjoyed. We know we should prepare, but are unsure how to think and talk about it, how to live true to our values and priorities, and how to make our wishes stick. The usual advice about advance directives and conversations is important but woefully inadequate. This book describes concrete action in the here and now to help live our best lives to the end. Finish strong will guide you through: Finding a partner-doctor to honor your values and beliefs with humanity, deference and candor ; Identifying what matters most as vigor wanes and stating your priorities ; Having meaningful conversations with doctors and family about expectations and wishes ; Staying off the "overtreatment conveyor belt" ; Knowing when "slow medicine" is the best option to maintain quality of life ; Navigating home hospice, the ultimate healing experience. Written with candor and clarity by a nurse, physician assistant and attorney who became a leading advocate for end-of-life options, this book can help you Finish Strong."--Page 4 of cover.

Includes bibliographical references (pages 261-273)

Subject: 1. Death--Psychological aspects. 2. Death--Religious aspects. 3. Hospices--United States. 4. Palliative treatment--United States. 5. Right to die. 6. Terminal care. 7. Terminally ill. 8. Values.



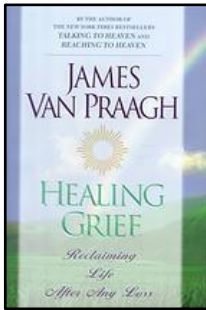
155.937 M

Morris, Virginia. Talking about death won't kill you / Virginia Morris. New York : Workman Pub., c2001. 294 p. ; 24 cm.

Discusses the importance of the reader's acknowledgement of his or her own mortality in order to prepare for death, and provides information about pain relief, living wills, medical directives, and hospice care.

Includes index.

Subject: 1. Death--Psychological aspects.

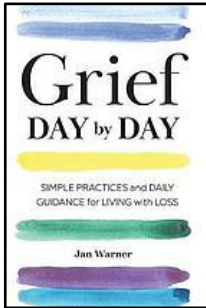


155.937 V

Van Praagh, James. Healing grief : reclaiming life after any loss / James Van Praagh. New York : Dutton, c2000. xiii, 286 p. ; 23 cm.

Includes bibliographical references (p. [285]-286).

Subject: 1. Death--Miscellanea. 2. Grief--Miscellanea. 3. Spiritualism.



155.937 W

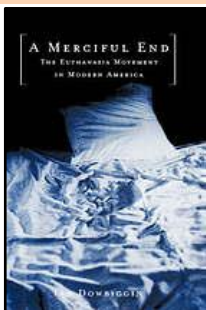
Warner, Jan. Grief day by day : simple practices and daily guidance for living with loss / Jan Warner. Emeryville, California : Althea Press, [2018] xiii, 270 pages ; 23 cm.

Includes bibliographical references (page 262) and index.

Subject: 1. Bereavement. 2. Death--Psychological aspects. 3. Grief. 4. Loss (Psychology)

Ethics

Ethical Norms Regarding Human Life, Euthanasia

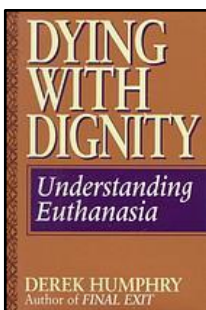


179.7 D

Dowbiggin, Ian Robert, 1952- A merciful end : the Euthanasia movement in modern America / Ian Dowbiggin. Oxford [England] ; New York : Oxford University Press, 2003. xix, 250 p. : ill. ; 25 cm.

Includes bibliographical references (p. [229]-239) and index.

Subject: 1. Euthanasia--United States--History. 2. Right to die--United States--History.

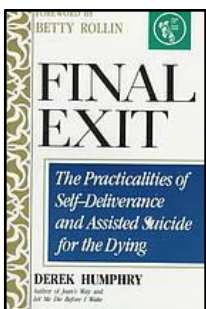


179.7 H

Humphry, Derek, 1930- Dying with dignity : understanding euthanasia / by Derek Humphry. Secaucus, N.J. : Carol Pub. Group, c1992. 215 p. ; 22 cm.

"A Birch Lane Press book." Includes bibliographical references (p. 215).

Subject: 1. Euthanasia.

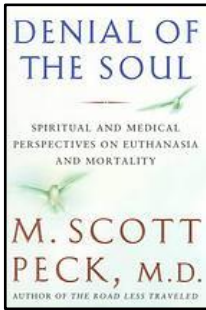


179.7 H

Humphry, Derek, 1930- Final exit : the practicalities of self-deliverance and assisted suicide for the dying / Derek Humphry. Eugene, Or. : Hemlock Society ; Secaucus, NJ : Distributed by Carol Publishing, 1991. 192 p. ; 22 cm.

Includes bibliographical references and index.

Subject: 1. Euthanasia. 2. Right to die. 3. Suicide.

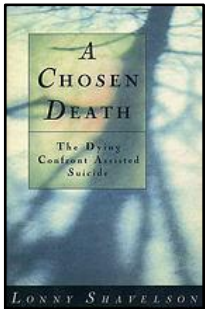


179.7 P

Peck, M. Scott (Morgan Scott), 1936- Denial of the soul : spiritual and medical perspectives on euthanasia and mortality / M. Scott Peck. New York : Harmony Books, c1997. xi, 242 p. ; 24 cm.

Includes index.

Subject: 1. Euthanasia--Religious aspects. 2. Right to die.

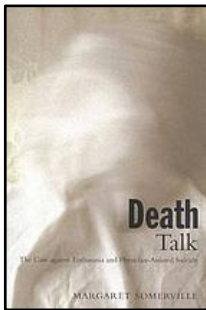


179.7 S

Shavelson, Lonny. A chosen death : the dying confront assisted suicide / by Lonny Shavelson ; photographs by Lonny Shavelson. New York : Simon & Schuster, c1995. 240 p. : ill., ports. ; 23 cm.

Includes bibliographical references (p. [235]-240).

Subject: 1. Euthanasia--Case studies. 2. Right to die--Case studies. 3. Suicide--Case studies.



179.7 S

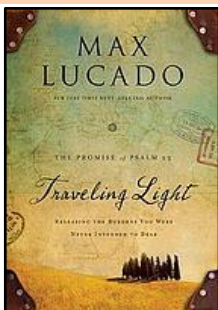
Somerville, Margaret A. Death talk : the case against euthanasia and physician-assisted suicide / Margaret Somerville. Montreal : McGill-Queen's University Press, c2001. xix, 433 p. ; 23 cm.

Includes bibliographical references and index.

Subject: 1. Euthanasia. 2. Right to die. 3. Suicide.

Religion

Devotional Literature



242 L

Lucado, Max. Traveling light : releasing the burdens you were never intended to bear / Max Lucado. [Nashville] : W Publishing Group., c2001. 220 p. ; 24 cm.

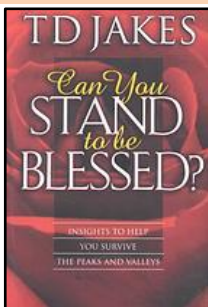
Includes bibliographical references (p. 165-168).

Sheds new light on Psalm 23 asking one to consider the baggage that is carried and the overwhelming need to release burdens to a God who is ready and willing to be everything to everyone.

Subject: 1. Christian life. 2. Meditations.

Religion

Christian Experience/Life



248.4 J

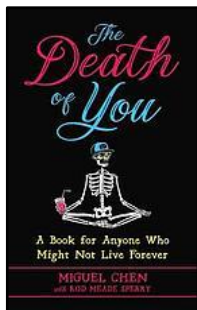
Jakes, T. D. Can you stand to be blessed? / T.D. Jakes. Shippensburg, PA : Treasure House, [2002], c1994. v, 164 p. ; 23 cm.

Provides insights into how to be a successful Christian, guiding readers in finding their inner strength and purpose and living as God wills. Reprint. Originally published: 1994.

Subject: 1. Christian life. 2. Conduct of life.

Religion

Buddhist Doctrines



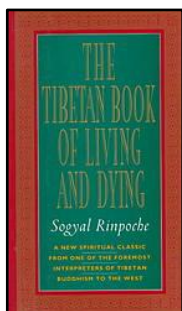
294.3423 C

Chen, Miguel. The death of you : a book for anyone who might not live forever / Miguel Chen with Rod Meade Sperry. Somerville, MA : Wisdom Publications, [2019] viii, 152 pages ; 21 cm.

"DEATH. Even the word itself probably makes you a little uncomfortable. Just look at it, sitting there, demanding to be acknowledged. It might even make you a lot uncomfortable. We spend so much time trying to deny death, going on about our lives as if we and our loved ones are immune to it. Then, one day, its truth becomes undeniable. The Death of You won't flinch in looking into this vital, urgent matter. Like Miguel's first book, I Wanna Be Well: How a Punk Found Peace and You Can Too, this is a plain-spoken, culturally savvy book. Going on this wild ride with Miguel, we get real about death--and even have a few laughs at its expense"-- Provided by publisher.

Includes bibliographical references (pages 149-150).

Subject: 1. Death--Meditations. 2. Death--Religious aspects--Buddhism.



294.3423 S

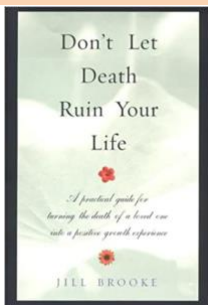
Sogyal, Rinpoche. The Tibetan book of living and dying / Sogyal Rinpoche ; edited by Patrick Gaffney and Andrew Harvey. [San Francisco, Calif.] : HarperSanFrancisco, [2002] xviii, 441 p. : ill. ; 25 cm.

Includes bibliographical references and index.

Subject: 1. Buddhism--Tibet Autonomous Region (China)--Doctrines. 2. Death--Religious aspects--Buddhism. 3. Religious life--Buddhism.

Social Sciences

Culture and Institutions Pertaining to Death



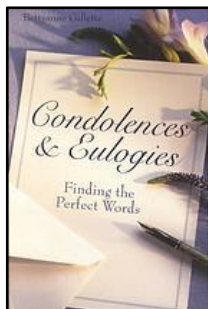
306.9 B

Brooke, Jill. Don't let death ruin your life : a practical guide to reclaiming happiness after the death of a loved one / Jill Brooke. New York : Dutton, c2001. xiii, 270 p. ; 22 cm.

Includes bibliographical references (p. [263]-270).

Shares insights into the grieving process and explains how a time of bereavement can be transformed into an opportunity for positive change and growth.

Subject: 1. Bereavement. 2. Consolation. 3. Death.

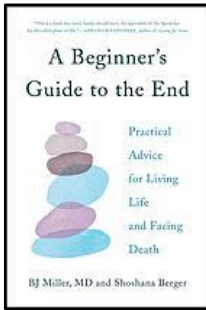


306.9 G

Gillette, Bettyanne. Condolences & eulogies : finding the perfect words / Bettyanne Gillette. New York : Sterling Pub., c2003. 96 p. : ill. ; 23 cm.

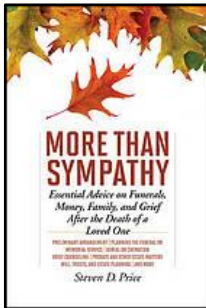
Includes index.

Subject: 1. Bereavement. 2. Consolation. 3. Death.



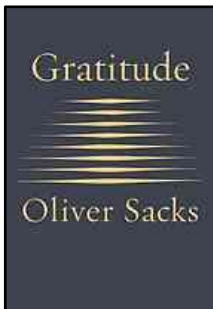
306.9 M

Miller, Bruce J., 1971- A beginner's guide to the end : practical advice for living life and facing death / BJ Miller, MD, and Shoshana Berger ; illustrations by Marina Luz. New York : Simon & Schuster, 2019. xxi, 520 pages : illustrations ; 24 cm. Includes bibliographical references (pages 481-504) and index. Offers a detail-oriented guide to dying, including how to handle the paperwork and navigate the health system. Subject: 1. Death--Planning. 2. Terminal care.



306.9 P

Price, Steven D. More than sympathy : essential advice on funerals, money, family, and grief after the death of a loved one / Steven D. Price. New York, NY : Skyhorse Publishing, [2014] xv, 175 pages ; 21 cm. Includes bibliographical references (pages 171-175). Subject: 1. Bereavement--Psychological aspects. 2. Death--Psychological aspects. 3. Funeral rites and ceremonies. 4. Inheritance and succession.

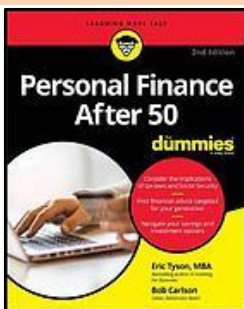


306.9 S

Sacks, Oliver, 1933-2015. Gratitude / Oliver Sacks. New York : Alfred A. Knopf, 2015. xi, 46 pages : illustrations ; 19 cm. Collects four essays written during the final months of the author's life, exploring his feelings about coming to terms with his own death and the life he lived. Subject: 1. Ageing. 2. Death. 3. Sacks, Oliver, 1933-2015.

Economics

Personal Finance



332.024 T

Tyson, Eric (Eric Kevin) Personal finance after 50 / by Eric Tyson, Bob Carlson. Hoboken, NJ : John Wiley & Sons, Inc., [2018] xx, 448 pages : illustrations ; 24 cm. Explains personal finance for older persons including retirement planning, budgeting on a fixed income, and estate planning. Includes index. Subject: 1. Older people--Personal finance. 2. Personal finance. 3. Saving and investment.

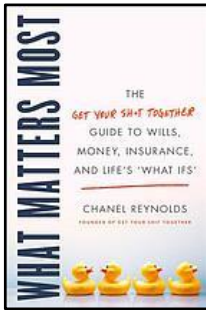
Economics

Estate Planning



332.024016 C

Cullen, Melanie, 1951- Get it together : organize your records so your family won't have to / Melanie Cullen with Shae Irving, J.D. Berkeley, California : Nolo, 2018. 247, 143, 22 pages : illustrations ; 28 cm. "With downloadable forms"--Cover. Helps organise information for estate planners, and shows how to keep track of such important documents as tax records, insurance policies, and passwords. Includes index. Subject: 1. Estate planning--United States.



332.024016 R

Reynolds, Chanel. What matters most : the get your shit together guide to wills, money, insurance, and life's "what-ifs" / Chanel Reynolds. New York, NY : HarperWave, an imprint of HarperCollins Publishers, [2019] xii, 331 pages ; 24 cm.

Includes bibliographical references (pages 317-321) and index.

Prepares readers for life's catastrophes by sharing information on and recommendations for wills, insurance, and emergency fund plans.

Subject: 1. Estate planning. 2. Living wills. 3. Personal finance. 4. Wills.

Law

Estate Planning



346.05 C

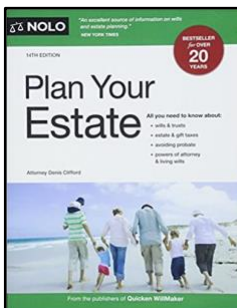
Clifford, Denis. Make your own living trust / Attorney Denis Clifford. 14th edition. [Berkeley, California] : Nolo, 2019. 299 pages : illustrations ; 28 cm.

"With downloadable forms"—Cover.

Includes index.

Presents a guide to living trusts, explaining how to set one up, transfer property, and choose beneficiaries and a trustee, along with separate sections for common questions and legal forms.

Subject: 1. Living trusts--United States.



346.05 C

Clifford, Denis. Plan your estate / Attorney Denis Clifford. Berkeley, California : Nolo, 2018. 511 pages : illustrations ; 23 cm.

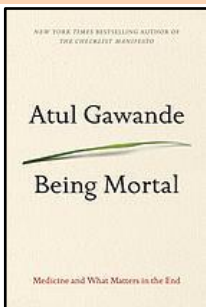
Includes index.

Presents a guide on estate planning that covers property ownership laws, beneficiaries, probate avoidance, living trusts, joint tenancy, health care directives, life insurance, estate taxes, wills, business ownership, and pensions.

Subject: 1. Estate planning--United States

Social Problems and Services

Terminal Care



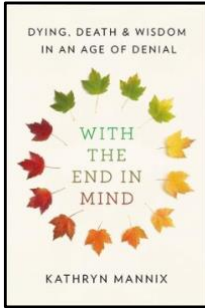
362.175 G

Gawande, Atul. Being mortal : medicine and what matters in the end / Atul Gawande. New York : Metropolitan Books, Henry Holt and Company, 2014. 282 pages ; 22 cm.

A prominent surgeon argues against modern medical practices that extend life at the expense of quality of life while isolating the dying, outlining suggestions for freer, more fulfilling approaches to death that enable more dignified and comfortable choices.

Includes bibliographical references (pages 265-277).

Subject: 1. Terminal care. 2. Ageing. 3. Death.

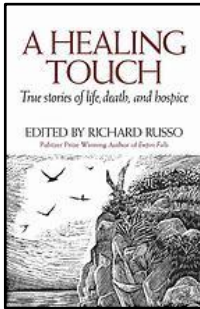


362.175 M

Mannix, Kathryn. *With the end in mind : dying, death and wisdom in an age of denial* / Kathryn Mannix. New York : Little, Brown and Company, 2018. viii, 341 pages ; 21 cm.
A palliative care physician draws on stories from her own practice to explain how to enable a gentle and peaceful death and how modern medicine, augmented by traditional palliative approaches, can restore dignity, humanity, and meaning to the end of life.
Subject: 1. Death. 2. Terminal care.

Social Problems and Services

Hospices

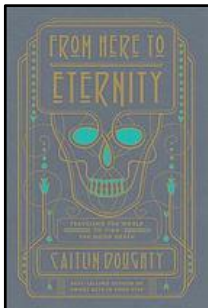


362.1756 H

A healing touch : true stories of life, death, and hospice / edited by Richard Russo ; woodcuts by Siri Beckman. Camden, Me. : Down East : Distributed to the trade by National Book Network, c2008. x, 186 p. : ill. ; 19 cm.
Contents: A son's gift / Gerry Boyle -- You know who you are / Richard Russo -- Stan Spoons and the hornbook of the heart / Wesley McNair -- The quilt people / Susan Sterling -- Sweet pea / Bill Roorbach -- Blue angels, blue angels / Monica Wood.
Subject: 1. Death--Case studies. 2. Hospices--Case studies. 3. Terminally ill--Domestic relations--Case studies.

Customs, Etiquette, Folklore

Death Customs



393.93 D

Doughty, Caitlin. *From here to eternity : traveling the world to find the good death* / Caitlin Doughty ; illustrations by Landis Blair. New York : W. W. Norton & Company, [2017] xiii, 248 pages : illustrations ; 22 cm.
Describes death customs and rituals from around the world, exploring how they compare to the impersonal American system and how mourners respond best when they participate in caring for the deceased.
Includes bibliographical references (pages 239-248).
Subject: 1. Death--Social aspects--Cross-cultural studies. 2. Funeral rites and ceremonies--Cross-cultural studies. 3. Undertakers and undertaking--Cross-cultural studies.

616.029 B

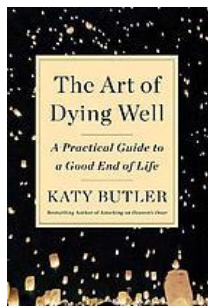
Butler, Katy, 1949- The art of dying well : a practical guide to a good end of life / Katy Butler. New York : Scribner, 2019. xi, 274 pages : illustrations ; 24 cm.

"A layperson's guide for positive end of life self care and advice"--Provided by publisher.

"An inspiring, informative, and practical guide to navigating end of life issues, by a groundbreaking expert in the field and the New York Times bestselling author of Knocking on Heaven's Door. In the mid-1400s, an unnamed Catholic monk composed a popular self-help book called *Ars Moriendi*, or *The Art of Dying*. Written in Latin, this medieval death manual taught people how to navigate the trials of the deathbed, using simple rituals of repentance, reassurance, and letting go. Bestselling author and award-winning journalist Katy Butler argues that we have lost touch with the "art of dying" as practiced by our ancestors, yet we still hunger for rites of passage, and a sense of the sacred, especially in the important life transitions of aging and dying. Butler has lectured at medical schools, and spoken with community and caregiving organizations across the country. Here she reveals what she has learned about dying in America today--and how to have a better end of life. We are coping with a medical system in disarray, in its approach to people who are aging, dying, or chronically ill. Butler argues that it's not about living as long as possible, it's about living as well as possible. Not only does our current system poorly serve our medical needs, it also crowds out any sense of the sacred. It's time to restore a sense of honor, and through exploring the stages of later life, sharing "good death" stories, as well as offering practical takeaways, *The Art of Dying Well* illuminates a path to a better end of life"--Provided by publisher.

Includes bibliographical references (pages 231-256) and index.

Subject: 1. Terminal care. 2. Death.

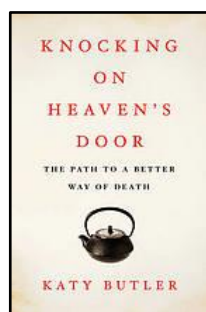
**616.029 B**

Butler, Katy, 1949- Knocking on heaven's door : the path to a better way of death / Katy Butler. New York : Scribner, 2013. 322 pages : illustrations ; 22 cm.

Includes bibliographical references.

Outlines a less invasive, more humane approach to end-of-life care, sharing the stories of the author's parents and explaining the political and technological factors that are interfering with patient preferences.

Subject: 1. Ageing parents. 2. Euthanasia--Ethical aspects. 3. Terminal care.

**616.029 H**

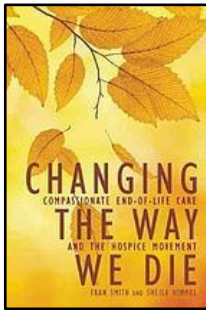
Harrington, Samuel. At peace : choosing a good death after a long life / Samuel Harrington, MD. New York : Grand Central Life & Style, 2018. xix, 282 pages ; 22 cm.

A guide to compassionate end-of-life care outlines steps for older patients and their health care proxies to take to enable a peaceful death, discussing how to minimise painful and aggressive medical treatments, dementia and other special issues, and when to seek hospice care.

Includes bibliographical references (pages 257-269) and index.

Subject: 1. Older people--Medical care. 2. Terminal care. 3. Terminally ill.





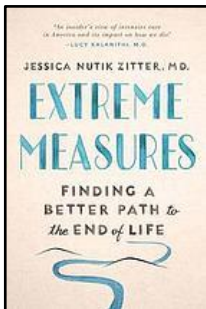
616.029 S

Smith, Fran. Changing the way we die : compassionate end-of-life care and the hospice movement / Fran Smith and Sheila Himmel ; foreword by Joan Halifax, Ph.D. Berkeley, California : Viva Editions, [2013] xxii, 223 pages ; 21 cm.

Examines the hospice landscape through stories of real patients, families, and doctors, as well as the corporate giants that increasingly own the market.

Includes bibliographical references (pages 195-215) and index.

Subject: 1. Compassion. 2. Death. 3. Hospices--United States. 4. Terminal care--United States.



616.029 Z

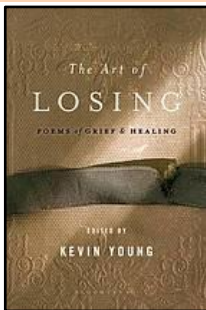
Zitter, Jessica Nutik. Extreme measures : finding a better path to the end of life / Jessica Nutik Zitter, MD. New York : Avery, an imprint of Penguin Random House, [2017] xiv, 338 pages : illustrations ; 24 cm.

An ICU and palliative care specialist reveals medical school training gaps in caring for dying patients, describing the professional experiences that compelled her to become a caregiver for the dying and counsellor to patients and caregivers about enabling a positive end of life.

Includes bibliographical references (pages 312-324) and index.

Subject: 1. Terminal care. 2. Terminally ill.

Poetry



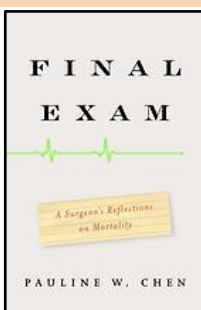
811.54 A

The art of losing : poems of grief and healing / edited by Kevin Young. New York : Bloomsbury, 2010. xxiv, 311 p. ; 22 cm.

Poems about the various stages of grief, with 150 selections from a variety of 20th and 21st century poets.

Subject: 1. Bereavement--Poetry. 2. Death--Poetry. 3. Grief--Poetry.

Biography

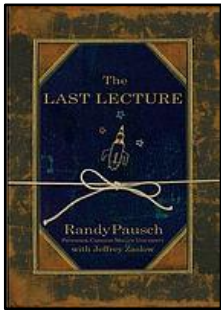


B CHE

Chen, Pauline W., 1964- Final exam : a young surgeon's reflections on mortality / Pauline W. Chen. New York : Alfred A. Knopf, 2007. xv, 267 p. ; 20 cm.

In a series of reflections on the world of modern medicine, a young doctor describes how physicians must deal with the inescapable reality of death and her personal experiences throughout her education, residency, and practice with mortality. Includes bibliographical references (p. [223]-[268]).

Subject: 1. Chen, Pauline W., 1964. 2. Death--Ethical aspects. 3. Surgeons--Biography. 4. Terminal care--Ethical aspects.

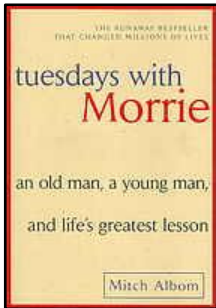


B PAU

Pausch, Randy. The last lecture / Randy Pausch with Jeffrey Zaslow. New York : Hyperion, c2008. x, 206 p. : ill., ports. ; 18 cm.

The author, a computer science professor diagnosed with terminal cancer, explores his life, the lessons that he has learned, how he has worked to achieve his childhood dreams, and the effect of his diagnosis on him and his family.

Subject: 1. Cancer patients--Biography. 2. Computer scientists--United States--Biography. 3. Death--Psychological aspects. 4. Pausch, Randy.



B SCH

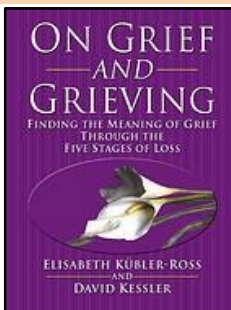
Albom, Mitch, 1958- Tuesdays with Morrie : an old man, a young man, and life's greatest lesson / Mitch Albom. New York : Doubleday, c1997. 192 p. ; 19 cm.

Subject: 1. Brandeis University--Faculty--Biography. 2. Death--Psychological aspects--Case studies. 3. Schwartz, Morris S. 4. Teacher-student relationships--United States--Case studies.

Large Print Books

Psychology

Grief/Death



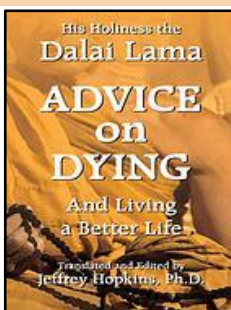
155.937 K

Kübler-Ross, Elisabeth. On grief and grieving : finding the meaning of grief through the five stages of loss / by Elisabeth Kübler-Ross and David Kessler. Waterville, Me. : Thorndike Press, 2006. 368 p. ; 23 cm.

Subject: 1. Bereavement--Psychological aspects. 2. Death--Psychological aspects. 3. Grief.

Religion

Buddhist Doctrines



294.3423 B

Bstan-'dzin-rgya-mtsho, Dalai Lama XIV, 1935- Advice on dying and living a better life / His Holiness the Dalai Lama ; translated and edited by Jeffrey Hopkins. Waterville, Me. : Thorndike Press ; Bath, England : BBC Audiobooks, 2004, c2002. 240 p. ; 23 cm.

In English; includes translations from Tibetan.

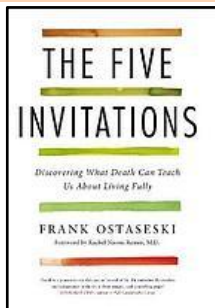
Includes bibliographical references.

Subject: 1. Buddhism. 2. Death--Religious aspects--Buddhism. 3. Religious life--Buddhism.

Electronic Titles Available on Overdrive

Psychology

Grief/Death



Ostaseski, Frank. The five invitations : discovering what death can teach us about living fully / Frank Ostaseski. ISBN:9781447292869 (electronic bk)
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, a secret teacher hiding in plain sight, helping us to discover what matters most in life. So begins Frank Ostaseski's stirring book, *The Five Invitations*, an exhilarating meditation on the meaning of life and how maintaining an ever-present awareness of death can bring us closer to our truest selves. In his thirty-plus years as a companion to the dying, Frank Ostaseski has sat on the precipice of death with more than a thousand people. A renowned teacher of compassionate care-giving, Ostaseski has distilled the lessons gleaned over the course of his career into a powerful and inspiring exploration of the essential wisdom dying has to impart to all of us about how to forge rich and meaningful lives. The 'Five Invitations' - Welcome Everything, Push Away Nothing; Bring Your Whole Self to the Experience; Don't Wait; Find a Place of Rest in the Middle of Things; and Cultivate a Don't Know Mind - show how death can be the guide we need to wake up fully to our lives. This stunning, unforgettable book offers a radical path to transformation.

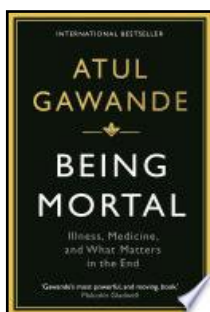
Subject: 1. Death--Psychological aspects.

Social Problems and Services

Terminal Care

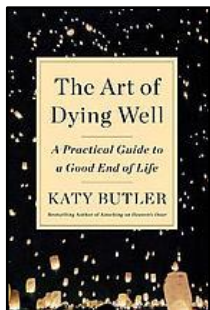
Bokhari, Dean. Being mortal by Atul Gawande : book summary : medicine and what matters in the end / Dean Bokhari. ISBN:9781094246130 (electronic audio bk.)
A summary of the book *Being mortal* by prominent surgeon Atul Gawande. Gawande argues against modern medical practices that extend life at the expense of quality of life while isolating the dying, outlining suggestions for freer, more fulfilling approaches to death that enable more dignified and comfortable choices.

Subject: 1. Gawande, Atul. *Being mortal*. 2. Terminal care. 3. Ageing. 4. Death.

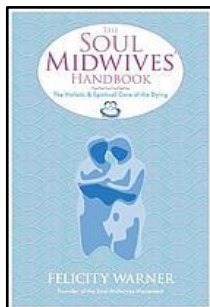


Gawande, Atul. *Being mortal* : medicine and what matters in the end / Atul Gawande. ISBN:9781847657862 (electronic bk)
A prominent surgeon argues against modern medical practices that extend life at the expense of quality of life while isolating the dying, outlining suggestions for freer, more fulfilling approaches to death that enable more dignified and comfortable choices.

Subject: 1. Terminal care. 2. Ageing. 3. Death.

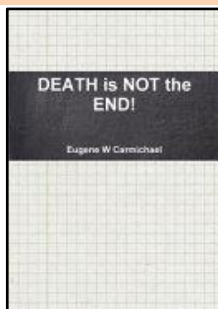


Butler, Katy, 1949- The art of dying well : a practical guide to a good end of life / by Katy Butler. ISBN:9781501135323 (electronic bk.)
 "A layperson's guide for positive end of life self care and advice"--Provided by publisher.
 "An inspiring, informative, and practical guide to navigating end of life issues, by a groundbreaking expert in the field and the New York Times bestselling author of Knocking on Heaven's Door. In the mid-1400s, an unnamed Catholic monk composed a popular self-help book called Ars Moriendi, or The Art of Dying. Written in Latin, this medieval death manual taught people how to navigate the trials of the deathbed, using simple rituals of repentance, reassurance, and letting go. Bestselling author and award-winning journalist Katy Butler argues that we have lost touch with the "art of dying" as practiced by our ancestors, yet we still hunger for rites of passage, and a sense of the sacred, especially in the important life transitions of aging and dying. Butler has lectured at medical schools, and spoken with community and caregiving organizations across the country. Here she reveals what she has learned about dying in America today-and how to have a better end of life. We are coping with a medical system in disarray, in its approach to people who are aging, dying, or chronically ill. Butler argues that it's not about living as long as possible, it's about living as well as possible. Not only does our current system poorly serve our medical needs, it also crowds out any sense of the sacred. It's time to restore a sense of honor, and through exploring the stages of later life, sharing "good death" stories, as well as offering practical takeaways, The Art of Dying Well illuminates a path to a better end of life"--Provided by publisher.
 Subject: 1. Terminal care. 2. Death.



Warner, Felicity. The soul midwives' handbook : the holistic and spiritual care of the dying / Felicity Warner. ISBN:9781781801345 (electronic bk.)
 Subject: 1. Terminal care. 2. Palliative treatment. 3. Holistic medicine.

Bermuda Books



155.937 C
Carmichael, Eugene W. Death is not the end! : a work of narrative nonfiction : a new and positive view of death / by: Eugene W. Carmichael. [Place of publication not identified] : Sugar Apple Books, [2016] 83 pages ; 21 cm.
 Bda. Author
 Subject: 1. Carmichael, Eugene W. 2. Death--Psychological aspects. 3. Reincarnation.

346.05 A

The **AS&K** guide to wills and estate planning in Bermuda. [Hamilton, Bermuda : Appleby, Spurling & Kempe, 2000] 10 p. ; 28 cm.

Subject: 1. Wills--Law and legislation--Bermuda.

346.05 M

Mello, Michael J. Law of wills and estates in Bermuda / by Michael J. Mello, QC, JP, TEP.

Hamilton, Bermuda : Appleby, [2015] 85 pages : forms ; 23 cm

Also available online in pdf format from Appleby website: <http://www.applebyglobal.com>.

Subject: 1. Inheritance and succession--Bermuda. 2. Inheritance and succession--Law and legislation--Bermuda. 3. Wills--Bermuda. 4. Wills--Law and legislation--Bermuda.