



The Key to Your Community

Contemplating Our End of Life Additional Resources

2022 End of Life Symposium: Books

Susan Mann Flanders – If I Ever Lose My Mind: Aid in Dying with Advanced Dementia

“With aid in dying becoming an increasingly available and legal option for the terminally ill, conversations and decisions about end-of-life choices are more frequently an essential part of our healthcare landscape. However, those with severe dementia are not legally eligible for such aid. By examining the moving stories of those who have faced the abyss of long-term dementia, the author, a retired Episcopal priest, makes the case that dementia and Alzheimer’s patients should also have legal access to aid in dying.”

Carolynn Miller Parr and Sig Cohen – Love's Way: Living Peacefully with Your Family as Your Parents Age

“This important book helps families address the necessary legal and emotional difficulties that arise with aging parents. Addressing the areas of relationships, emotions, and dignity with practical and scriptural insights, this book will help to ensure that the aging parent is protected along with other relationships in the family.”

Hank Dunn – Hard Choices for Loving People

“A compassionate guide for helping patients and families with end of life medical decisions, written in language that can be easily understood.”

Amy Bloom – In Love: A Memoir of Love and Loss

“Amy Bloom recounts the emotional journey she takes with her husband, Brian, who chooses to end his life after being diagnosed with Alzheimer’s. The story is told through an archipelago of relevant backstory and episodes that chart the brutal process of helping a loved one die in a way that is not painful, frightening, traumatic, or illegal.”

Tara Brach – Radical Acceptance: Embracing Your Life With the Heart of a Buddha

“For many of us, feelings of deficiency are right around the corner. It doesn’t take much— just hearing of someone else’s accomplishments, being criticized, getting into an argument, making a mistake at work — to make us feel that we are not okay. Beginning to understand how our lives have become ensnared in this trance of unworthiness is our first step toward reconnecting with who we really are and what it means to live fully.

Atul Gawande, MD – Being Mortal: Medicine and What Matters in the End

“Medicine has triumphed in modern times, transforming birth, injury, and infectious disease from harrowing to manageable. But in the inevitable condition of aging and death, the goals of medicine seem too frequently to run counter to the interest of the human spirit...Doctors, committed to extending life, continue to carry out devastating procedures that in the end extend suffering.”

Sallie Tisdale – Advice for Future Corpses (and Those Who Love Them): A Practical Perspective on Death and Dying



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“In its loving, fierce specificity, this book on how to die is also a blessedly saccharine-free guide for how to live”

B.J. Miller and Shoshana Berger – A Beginner’s Guide to the End: Practical Advice for Living Life and Facing Death

“A gentle, knowledgeable guide to a fate we all share: the first and only all encompassing acting plan for the end of life”

Maggie Callanan – Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying

“For everyone who has been or ever will be close to someone who is dying, this book is aimed at helping them to understand not only what the experience of death is like, but also how to interpret the symbolic messages by which the dying attempt to communicate their needs to us.”

Katy Butler – The Art of Dying Well: A Practical Guide to a Good End of Life

“A reassuring and thoroughly researched guide to maintaining a high quality of life — from resilient old age to the first inklings of a serious illness to the final breath.”

Ira Byock, MD – Dying Well: Peace and Possibilities at the End of Life

“Nobody should have to die in pain. Nobody should have to die alone. This is Ira Brock’s dream and he is dedicating his life to making it come true. Dying Well brings us to the homes and bedsides of families with whom Dr. Brock has worked, telling stories of love and reconciliation in the face of tragedy, pain, medical drama, and conflict.”

Barbara Karnes, RN – End of Life Guideline Series: A Compilation of Barbara Karen’s Pamphlets

A compilation of Barbara Karen’s five books on the end of life. When you or someone you know is faced with having a disease that may not be treatable, life changes instantly. At such a time people enter a phase of life for which they often have no preparation. End of Life Guidelines Series informs people on how to live with a life threatening illness, what to expect when someone is dying, what to do to help, managing pain, how to address the fear of death and dying and how to grieve.

Jessica Nutik Zitter, MD – Extreme Measures: Finding a Better Path to the End of Life

For readers of *Being Mortal* and *Modern Death*, an ICU and Palliative Care specialist offers a framework for a better way to exit life that will change our medical culture at the deepest level.

Barbara Coombs Lee – Finish Strong: Putting YOUR Priorities First at Life’s End

Finish Strong is for those of us who want an end-of-life experience to match the life we’ve enjoyed. This book describes concrete action in the here and now to help live our best lives to the end.

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