

📖 End-of-Life Care & Hospice

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| 1. | <b>Influencing Death</b>          | 2025 | Penny Hawkins,<br>RN                                    | Reframing Dying for Better Living                                                                                                                                             |
| 2. | <b>The Hospice Doctor's Widow</b> | 2020 | Jennifer A. O'Brien,<br>MSOD                            | A visual art journal of caregiving and grief, personal yet universally relatable. It's a poignant, creative reflection on love and loss.                                      |
| 3. | <b>Being Mortal</b>               | 2014 | Atul Gawande,<br>MD                                     | A surgeon explores how medicine can prioritize quality of life over prolonging it. The book offers a humane approach to aging and dying that encourages autonomy and meaning. |
| 4. | <b>Being with Dying</b>           | 2008 | Joan Halifax                                            | Blends mindfulness and caregiving through Zen practices for the dying. Encourages presence, compassion, and spiritual resilience in end-of-life care.                         |
| 5. | <b>Dutiful Daughters</b>          | 1999 | Jean Gould                                              | Caring for Our Person As they Grow Old                                                                                                                                        |
| 6. | <b>Dying Well</b>                 | 1997 | Ira Byock,<br>MD                                        | Shares real hospice stories to guide individuals toward dying with dignity. It provides practical advice and emotional insight for families and caregivers.                   |
| 7. | <b>The True Work of Dying:</b>    | 1996 | Jan S Bernard,<br>RN,ND & Miriam Schneider,<br>RN, DRNH | A practical and compassionate guide to easing the dying process                                                                                                               |

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| 8. <b>Final Gifts</b> | 1992 | Maggie Callahan & Patricia Helley | Understanding the Special Awareness, Needs & Communications of the Dying |
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**✂ Practical Guides for Caregivers**

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| 9. <b>The Good Death</b>     | 2025 | Suzanne O'Brien, RN                     | A hospice doula's step-by-step companion for end-of-life care. Helps loved ones prepare emotionally, spiritually, and practically for the transition.  |
| 10. <b>Care Boss</b>         | 2024 | Jennifer A. O'Brien, MSOD               | Combines caregiving strategy and emotional intelligence. Supports confident decision-making and emotional wellbeing throughout the caregiving journey. |
| 11. <b>Be-cause You Care</b> | 2004 | Kathryn Kilpatrick & Joanna Chernauskas | A gentle guide with practical tips for supporting the dying. Includes communication strategies and real examples to help families connect and comfort. |
| 12. <b>Care-giving</b>       | 1997 | Douglas C. Smith                        | Hospice-Proven Techniques for Healing Body and Soul.                                                                                                   |

**□ Compassion, Mindfulness & Inner Work**

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| 13. <b>Welcoming the Unwelcome</b> | 2019 | Pema Chödrön | Encourages growth through discomfort using Buddhist insights. Offers heartfelt wisdom about fear, change, and compassionate living.                |
| 14. <b>The Ethics of Caring</b>    | 2017 | Kylea Taylor | Explores ethical dilemmas with self-awareness for healing professionals. Encourages reflection on boundaries, power dynamics, and personal growth. |

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| 15. <b>The Craft of Compassion</b>              | 2011 | Michael Ortiz Hill<br>RN | Guides caregivers to cultivate empathy at the bedside. Supports resilience and spiritual strength through storytelling and practice. |
| 16. <b>Twelve Steps to A Compassionate Life</b> | 2010 | Karen Armstrong          | The principle of compassion lies at the heart of all religious, ethical and spiritual traditions.                                    |
| 17. <b>The Lost Art of Compassion</b>           | 2004 | Lorne Ladner,<br>PhD     | A mix of Buddhist and Western psychology to foster deep happiness. Shows how to nurture compassion as a life-transforming skill.     |
| 18. <b>The Rhythm of Compassion</b>             | 2000 | Gail Straub              | Caring for Self, Connecting with Society                                                                                             |

**♥ Grief and Emotional Healing**

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| 19. <b>The Grieving Brain</b>         | 2022 | Mary-Frances O'Connor<br>PhD | Neuroscience-based look at grief and how we adapt to loss. Offers hope and understanding through scientific research and compassionate storytelling. |
| 20. <b>The Beauty of What Remains</b> | 2021 | Rabbi Steve Leder            | How Our Greatest fear Becomes Our Greatest Gift                                                                                                      |
| 21. <b>The Wild Edge of Sorrow</b>    | 2015 | Francis Weller               | Honors grief through ritual and community with a spiritual lens. Inspires connection and healing through shared sorrow.                              |
| 22. <b>What Really Matters</b>        | 2015 | Karen M. Wyatt,<br>MD        | 7 Lessons for Living from the Stories of the Dying                                                                                                   |

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| 23. <b>Per-<br/>mission<br/>to Mourn</b>               | 2014 | Tom Zuba                                                                   | Presents a heart-centered, personal way to move through grief. Empowers readers to embrace healing and transformation on their own terms. |
| 24. <b>The Grief<br/>Recovery<br/>Handbook</b>         | 2009 | John W. James &<br>Russell Friedman                                        | The Action Program for Moving Beyond Death, Divorce and Other Losses, including Health, Career, and Faith.                                |
| 25. <b>The<br/>Journey<br/>Through<br/>Grief</b>       | 2003 | Alan D. Wolfelt<br>PhD                                                     | Reflections on Healing Grief and Loss                                                                                                     |
| 26. <b>The Empty<br/>Chair</b>                         | 2001 | Susan J. Zonenbelt-<br>Smeenge, RN, EdD<br>& Robert<br>DeVries, D.Min, PhD | Focuses on grief during holidays and meaningful dates. Provides tools and reflections to manage emotionally charged times.                |
| 27. <b>Remem-<br/>bering<br/>Well</b>                  | 2000 | Sarah York                                                                 | Rituals for Celebrating Life and Mourning Death                                                                                           |
| 28. <b>Words to<br/>Comfort,<br/>Words to<br/>Heal</b> | 1998 | Juliet Mabey                                                               | Poems and Meditation for Those Who Grieve                                                                                                 |
| 29. <b>The<br/>Mourning<br/>Handbook</b>               | 1994 | Helen Fitzgerald                                                           | A practical guide for handling death and the emotions that follow. Covers common grief reactions and suggests constructive ways to cope.  |

<b>30. Tran- sitions</b>	1980	William Bridges	Strategies for Coping with the difficult, painful and confusing times in your life. Offers Practical and Compassionate Advice on Coping with All Aspects of death and Dying.
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 **Memoirs and Personal Stories**

<b>31. In My Time of Dying</b>	2024	Sebastian Junger	The veteran war reporter's near-death experience during a vascular emergency forms the basis of a philosophically ambitious and questioning memoir.
<b>32. Alive Until You're Dead</b>	2022	Susan Moon	Zen-inspired insights on aging and dying with honesty and humor. Encourages acceptance and authenticity.
<b>33. The Beauty of What Remains</b>	2021	Rabbi Steve Leder	Reflects on death's role in revealing deeper meaning in life. Combines personal stories with spiritual reflection.
<b>34. The Dog I Loved</b>	2019	Susan Wilson	Two strong women on a journey toward independence whose paths collide in extraordinary ways. Two dogs who somehow manage to save them both.
<b>35. Walking Each Other Home</b>	2018	Ram Dass & Mirabai Bush	A tender conversation between friends preparing for the end. Explores death with love, humor, and profound spiritual insight.
<b>36. Option B</b>	2017	Sherry Sandberg & Adam Grant	After Sudden Widowhood, Sandberg reflects on Facing Adversity, Building Resilience, and Finding Joy
<b>37. Proof of Heaven</b>	2012	Eben Alexander, MD	A Neurosurgeon's Journey into the Afterlife

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| 38. <b>The Light of the World</b>       | 2015 | Elizabeth Alexander   | A poetic memoir of love and sudden loss after her husband's death. Captures grief with lyrical grace and emotional depth. |
| 39. <b>The Wheel of Life</b>            | 1997 | Elizabeth Kubler Ross | A Memoir of Living and Dying                                                                                              |
| 40. <b>To Live Until We Say Goodbye</b> | 1978 | Elizabeth Kubler Ross | A gripping, intimate view of Dr. Kübler-Ross's counseling work with terminally ill patients                               |

 **Spiritual Perspectives on Death**

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| 41. <b>How We Live is How We Die</b>                | 2022 | Pema Chodron      | Discover newfound freedoms in life's ever constant flow of endings and beginnings.                                                                                                            |
| 42. <b>The Journey From Ego to Soul</b>             | 2020 | Karen M. Wyatt MD | How to Transform Your Life When Everything Falls Apart                                                                                                                                        |
| 43. <b>The Five Invitations</b>                     | 2017 | Frank Ostaseski   | The Cofounder of the Zen Hospice Project and pioneer behind the compassionate care movement shares an inspiring exploration of the lessons dying has to offer about living a fulfilling life. |
| 44. <b>The Passing of Souls</b>                     | 1934 | J. Todd Ferrier   | Offers a metaphysical take on the soul's journey beyond death. Combines Christian mysticism with cosmic interpretation.                                                                       |
| 45. <b>The Illustrated Tibetan Book of the Dead</b> | 1999 | Stephen Hodge     | A new and strikingly illustrated translation of the ancient Tibetan masterpiece.                                                                                                              |

<b>46. Graceful Exits</b>	1997	Sushila Blackman	How Great Beings Die. Death Stories of Hindu, Tibetan Buddhist and Zen Masters
<b>47. On Life After Death</b>	1991	Elisabeth Kübler-Ross	Shares lessons from working with the terminally ill on continuity of consciousness. Brings comfort and insight through spiritual exploration.
<b>48. Letters to A Dying Friend</b>	1989	Anton Grosz	What comes next based on the Tibetan Book of the Dead
<b>49. Who Dies?</b>	1982	Stephen Levine	An Investigation of Conscious Living and Conscious Dying
<b>50. Through the Gateway of Death</b>	1953	Geoffrey Hodson	A theosophical perspective on afterlife and spiritual transitions. Explores spiritual evolution and the soul's continuing journey.
<b>51. The Transition Called Death</b>	1943	Charles Hampton	The process of dying and what comes after, a recurring experience