

## BOOK LIST (Terminal Diagnosis)



A Beginner's Guide to the End: How to Live Life to the Full and Die a Good Death; BJ Miller, MD and Shoshana Berger; 2019, Simon and Shuster

Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive, by Claire Berman, Holt/Owl Books, 2001.

Caring for Your Dead, by Lisa Carlson, Upper Access, 1998.

Can't We Talk About Something More Pleasant by Roz Chast

\*\*Dying Well, by Ira Byock, MD, Riverhead Trade, 1998

\*\*Extreme Measures, Jessica Zitter, MD, 2017, Avery Press

Facing Death and Finding Hope, by Christine Longaker, Doubleday, 1997.

\*\*Full Catastrophe Living, by Jon Kabat-Zinn, Delta/Bantam, 1990.

Gratitude. New York, By Sacks, O. (2015). NY: Alfred A. Knopf.

Handbook for Mortals: Guidance for People Facing Serious Illness (2nd ed.) By Lynn, J., Schuster, J. L., & Harrold, J. (2011). New York, NY: Oxford University Press.

\*\*Hope for the Best, Plan for the Rest: 7 Keys for Navigating a Life-Changing Diagnosis By Dr Hsien Seow and Dr Sammy Winemaker.

How Then, Shall We Live?: Four Simple Questions that Reveal the Beauty and Meaning of Our Lives, by Wayne Mueller, Bantam, 1997.

How to Be Sick: A Buddhist-Inspired Guide for the Chronically Ill and Their Caregivers (2nd ed.) By Bernhard, T. (2018). Somerville, MA: Wisdom Publications.

How We Die, Reflections on Life's Final Chapter, by Sherwin B. Nuland, MD, Alfred A. Knopf, 1994.

How Can I Help? by Ram Dass and Paul Gorman, Alfred A. Knopf, 1996.

Life After the Diagnosis; Steven Pantilat, MD, 2017, Da Capo Press

Kitchen Table Wisdom and My Grandfather's Blessings, by Rachel Naomi Remen, MD; Riverhead Books, 1997/2000.

Mortally Wounded, by Michael Kearney, MD, Scribner, 1996.

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Share the Care: How to Organize a Group Care for Someone Who Is Seriously Ill, by Cappy Capossela and Sheila Warnock, Fireside/Simon & Schuster, 2004.

Start Where You Are: A Guide to Compassionate Living and When Things Fall Apart, by Pema Chodron, Shambhala, 2004/2001

That You May Live Long: Caring for Our Aging Parents, Caring for Ourselves, by Richard F. Adress and Hara F. Person, UAHC, 2003.

The Best Care Possible by Ira Byock (2012)

The Bright Hour: A Memoir of Living and Dying, by Nina Riggs, 2017, Simon & Schuster

The Dying Time; Practical Wisdom for the Dying and Their Caregivers, by Joan Furman and David McNabb, Bell Tower, 1997

\*\*The Four Things that Matter Most (2004)

The Good Death, by Marilyn Webb, Bantam, 1997.

The Grace in Dying, by Kathleen Dowling Singh, HarperOne, 1998.

The Four-fold Way: Walking the Paths of the Warrior, Teacher, Healer and Visionary, by Angeles Arrien, HarperOne 1993

\*\*The Tibetan Book of Living and Dying, by Sogyal Rinpoche; Harper, 1993.

The Way of Council by Jack Zimmerman and Virginia Coyle, Bramble Books, 1996.

The Last Act of Kindness: Lessons for the Living from the Bedside of the Dying, by Judith Redwing Keyssar RN, Createspace, 2010.

\*\*The Last Lecture by Randy Pausch, 2008, Hyperion

\*\*The Tibetan Book of Living and Dying, by Sogyal Rinpoche; Harper, 1993.

The Way of Council by Jack Zimmerman and Virginia Coyle, Bramble Books, 1996.

The Year to Live: How to Live This Year as If It Were Your Last, Three Rivers Press, 1998 (any of Stephen Levine's books)

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\*\*When Breath Becomes Air, Paul Kalanithi, MD; 2016, Random House.

Who Dies, by Stephen Levine, Anchor Books, 1982.

\*\*Anything by Barbara Karn [BK Books](<https://bkbooks.com/>)