

**Suggested Reading List for books on Palliative and End of Life Care**

1. **Last Acts of Kindness: Lessons for the Living from the Bedside of the Dying**, by Judith Redwing Keyssar RN, Createspace 2010.
2. **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
3. **Life After the Diagnosis**; Steven Pantilat, MD, 2017, Da Capo Press
4. **Dying Well**, by Ira Byock, MD, Riverhead Trade, 1998
5. **The Four Things that Matter Most (2004) and The Best Care Possible (2012)** by Ira Byock
6. **The Wild Edge of Sorrow; Rituals of Renewal and the Sacred Work of Grief**; Francis Weller; 2015,Random House
7. **Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life**; Louise Aronson, MD; 2019; Bloomsbury Pub
8. **Extreme Measures**, Jessica Zitter, MD, 2017, Avery Press
9. **Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death**; Joan Halifax, 2009;
10. **The Four-fold Way: Walking the Paths of the Warrior, Teacher, Healer and Visionary**, by Angeles Arrien, HarperOne 1993
11. **When Breath Becomes Air**, Paul Kalanithi, MD; 2016, Random House
12. **Being Mortal**, by Atul Gawande, Henry Holt and Company, 2014.
13. **The Grace in Dying**, by Kathleen Dowling Singh, HarperOne, 1998.
14. **Who Dies**, by Stephen Levine, Anchor Books, 1982.
15. **A Year to Live: How to Live This Year as If It Were Your Last**, Three Rivers Press, 1998 (any of Stephen Levine's books)
16. **The Way of Council** by Jack Zimmerman and Virginia Coyle, Bramble Books, 1996.
17. **Mortally Wounded**, by Michael Kearney, MD, Scribner, 1996.
18. **Rituals of Healing, Using Imagery for Health and Wellness**, by Jeanne Achterberg, Barbara Dossey, Leslie Kolkmeier, Bantam New Age Books, 1994.
19. **How We Die, Reflections on Life's Final Chapter**, by Sherwin B. Nuland, MD, Alfred A. Knopf, 1994.
20. **Caring for the Dying**, The Doula Approach to a Meaningful Death, Henry Fersko-Weiss, Conari Press, 2019
21. **Tuesdays with Morrie**, by Mitch Albom, Doubleday, 1997.
22. **Kitchen Table Wisdom and My Grandfather's Blessings**, by Rachel Naomi Remen, MD; Riverhead Books, 1997/2000.
23. **The Tibetan Book of Living and Dying**, by Sogyal Rinpoche; Harper, 1993.
24. **The Dying Time; Practical Wisdom for the Dying and Their Caregivers**, by Joan Furman and David McNabb, Bell Tower, 1997

25. **The Good Death**, by Marilyn Webb, Bantam, 1997.
26. **Caring for Your Dead**, by Lisa Carlson, Upper Access, 1998.
27. **How Then, Shall We Live?: Four Simple Questions that Reveal the Beauty and Meaning of Our Lives**, by Wayne Mueller, Bantam, 1997.
28. **Start Where You Are: A Guide to Compassionate Living and When Things Fall Apart**, by Pema Chodron, Shambhala, 2004/2001
29. **DEAR DEATH, Finding Meaning in Life, Peace in Death and Joy in an ordinary day**, by Diane Button