

RESOURCES: Series 3

Living Deeply dying well: conversations about end of life journeys

- Butler, Katie. *The Art of Dying Well*. 2019. This down-to-earth manual for living, aging, and dying with meaning and even joy is based on Butler's own experience caring for aging parents, as well as hundreds of interviews with people who have successfully navigated a fragmented health system and helped their loved ones have good deaths.
- Gawande, Atul. *Being Mortal*. 2014. Through eye-opening research and gripping stories of his own patients and family, Gawande reveals the suffering this dynamic has produced. Nursing homes, devoted above all to safety, battle with residents over the food they are allowed to eat and the choices they are allowed to make. Doctors, uncomfortable discussing patients' anxieties about death, fall back on false hopes and treatments that are actually shortening lives instead of improving them.
- Dr. BJ Miller, Shoshana Berger. *A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death*. 2019. Their book offers everything from step-by-step instructions for how to do your paperwork and navigate the healthcare system to answers to questions you might be afraid to ask your doctor, like whether or not sex is still okay when you're sick. You'll be walked through how to break the news to your employer, whether to share old secrets with your family, how to face friends who might not be as empathetic as you'd hoped, and to how to talk to your children about your will.
- *A Will for the Woods*. What if our last act could be a gift to the planet? Determined that his final resting place will benefit the earth, musician, psychiatrist, and folk dancer Clark Wang prepares for his own green burial while battling lymphoma.
- *The Order of the Good Death*. The Order is about making death a part of your life. That means committing to staring down your death fears — whether it be your own death, the death of those you love, the pain of dying, the afterlife (or lack thereof), grief, corpses, bodily decomposition, or all of the above. Accepting that death itself is natural, but the death anxiety and terror of modern culture are not.
- NPR News with Kari Miller: A conversation with Kerri Miller and Dr. BJ Miller. They share advice that's both practical — like tips for cleaning up your attic — to the more pithy — like advice on how to tell someone you're dying. The authors join MPR News host Kerri Miller for a conversation about why they were inspired to write this guide, and why planning for death can be more comforting than you might think. Available here: <https://www.npr.org/podcasts/414687786/m-p-r-news-with-kerri-miller>
- End of life University. If you are searching for information about aging, later life, and death and dying, you will LOVE this podcast! EOLU features interviews with experts from all aspects of the end-of-life and is hosted by hospice physician Dr. Karen Wyatt. Available here: <https://www.eoluniversity.com/podcast>

- I'm Dead, Now What? Important Information about My Belongings, Business Affairs, and Wishes. 2015, Peter Pauper Press.
- Hard Choices for Loving People: CPR, Feeding Tubes, Palliative Care, Comfort Measures, and the Patient with a Serious Illness by Hank Dunn.
- Pain at the End of Life: What you need to know about end of life comfort and pain management by Barbara Karnes.
- A Time to Live: Living with a life-threatening illness by Barbara Karnes.
- Minnesota Healthcare Directive Form. Available here:
<https://www.metrodoctors.com/honoring-choices-mn#directives>
- POLST: Provider Orders for Life-Sustaining Treatment. Available here:
[https://www.mnmed.org/getattachment/advocacy/improving-health-of-minnesotans/POLST/POLST-MN-form-120217-version-fillable-\(FINAL\).pdf.aspx?lang=en-US](https://www.mnmed.org/getattachment/advocacy/improving-health-of-minnesotans/POLST/POLST-MN-form-120217-version-fillable-(FINAL).pdf.aspx?lang=en-US)
- Minnesota Power of Attorney Form. Available here:
<https://www.ag.state.mn.us/consumer/handbooks/probate/PowerOfAtty.pdf>