

## Recommended Readings on Death and Dying

*Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death.* Joan Halifax. By Upaya Zen Center teacher.

*Making Friends with Death: A Buddhist Guide to Encountering Mortality,* Judith L. Lief. Based in the Tibetan Buddhist tradition.

*Awake at the Bedside: Contemplative Teachings on Palliative and End-of-Life Care,* Koshin Paley Ellison and Matt Weingast, eds. Contributions by many Buddhist teachers, also poetry.

*Ten Thousand Joys and Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's,* Olivia Ames Hoblitzelle. The author and her husband were both teachers in the Thich Nhat Hanh tradition.

*Facing Death and Finding Hope: A Guide to the Emotional and Spiritual Care of the Dying,* Christine Longaker. Based in the Tibetan Buddhist tradition.

*The Five Invitations: Discovering What Death Can Teach Us About Living Fully,* Frank Ostaseski. The author co-founded the Zen Hospice Project.

*Lessons from the Dying,* Rodney Smith. Vipassana teacher and former Seattle Hospice director.

*Final Gifts: Understanding the Special Awareness, needs and Communications of the Dying,* Maggie Callanan and Patricia Kelley. By two hospice nurses.

*Alive Until You're Dead: Notes on the Home Stretch,* Susan Moon. Essays by Everyday Zen lay teacher.

*Who Dies? An investigation into conscious living and conscious dying,* Stephen Levine. Prolific writer and teacher based in Vipassana tradition.