

DISCUSSION QUESTIONS:

- What is each character's view of aging and dying?
How did their view come about?
- What is your experience with end of life care?
Have you ever given care?
What was valuable about that opportunity?
Is there a family story about a "good" death that is supportive to you?
- Where in your life have you discussed aging and or the process of dying?
What would make these conversations easier?
What has made them difficult?

If you would like help running a book discussion for your group or organization we have facilitators who can help!

If you are interested in participating in other Northfield Advance Care Planning activities please contact Susan Lohmann at 507-645-1314

For a comprehensive list of materials on Death, Dying, and Advance Care Planning please go to www.honoringchoices.org

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Let's Have a Conversation About Living Well and Dying Well

**A Recommended Reading List
Including questions to help you lead
your own book discussion**



Northfield
Advice
Care
Planning
Advisory
Council

FICTION TITLES:



Plainsong Series : Books 3 & 4 by Kent Haruf

Benediction [2013]

A story of life and death, and the ties that bind, set out on the High Plains in Holt, Colorado.

Our Souls at Night [2015]

A spare yet eloquent, bittersweet yet inspiring, story of a man and a woman who, in advanced age, come together to wrestle with the events of their lives and their hopes for the imminent future.

The Secrets Between Us: A Novel by Thrity Umrigar [2018]

A dazzling story of gender, strength, friendship, and second chances, *The Secrets Between Us* is a powerful and perceptive novel that brilliantly evokes the complexities of life in modern India and the harsh realities faced by women born without privilege as they struggle to survive.

Still Alice by Lisa Genova [2015]

Feeling at the top of her game when she is suddenly diagnosed with early onset Alzheimer's disease, Harvard psychologist Alice Howland struggles to find meaning and purpose in her life as her concept of self gradually slips away.

Twelve Months by Stephen Manchester [2012]

Don DiMarco has a very good life. He also thought he had time. Faced with news that might have immediately felled most, Don now wonders if he has time enough. Summoning an inner strength he barely realized he possessed, Don sets off to prove that twelve months is time enough to live a life in full. A glorious celebration of each and every moment that we're given here on Earth, as well as the eternal bonds that we all share, TWELVE MONTHS is a stirring testament to the power of the human spirit.

Me Before You by Jojo Moyes [2012]

Me Before You brings to life two people who couldn't have less in common, a heartbreakingly romantic novel that asks *What do you do when making the person you love happy also means breaking your own heart?*

NON-FICTION TITLES



With the End in Mind: Dying, Death and Wisdom in an Age of Denial

by Kathryn Mannix [2018]

"A palliative care doctor with 30 years of experience shares stories that makes a compelling case for the therapeutic power of approaching death not with trepidation, but with openness, clarity and understanding."

The Conversation: A Revolutionary Plan for End of Life Care [2016]

by Angelo E. Volandes, M.D.

Dr. Angelo E. Volandes believes that a life well-lived deserves a good ending. Through the stories of seven patients and seven very different end-of-life experiences, he demonstrates that what people with a serious illness, who are approaching the end of their lives, need most is not new technologies but one simple thing: The Conversation

The Five Invitations: Discovering What Death Can Teach Us About Living Fully by Frank Osteskeski [2017]

An exhilarating meditation on the meaning of life and how maintaining an ever-present consciousness of death can bring us closer to our truest selves. A powerful and inspiring exploration of the essential wisdom dying has to impart to all of us.

Walking Each Other Home: Conversations on Loving and Dying by Ram Dass [2018]

In *Walking Each Other Home*, readers will learn about: guidelines for being a "loving rock" for the dying, how to grieve fully and authentically, how to transform a fear of death, leaving a spiritual legacy, creating a sacred space for dying, and much more. "Everybody you have ever loved is a part of the fabric of your being now," says Ram Dass. The body may die, but the soul remains. Death is an invitation to a new kind of relationship, in the place where we are all One. Join two lifelong friends and spiritual luminaries as they explore what it means to live and die consciously, remember who we really are, and illuminate the path we walk together.

**Book descriptions have been taken from Amazon.com*