

Meeting Death with Loving Kindness -- EBMC, August 13, 2016  
Mushim Ikeda and Tova Green

RESOURCE LIST

Books

*Being Mortal*, Atul Gawande. A physician's view of aging, illness and death, what is life-affirming as we grow older and what is not.

*No Death, No Fear, Comforting Wisdom for Life*, Thich Nhat Hanh (Riverhead Books). Thich Nhat Hanh shares teachings of the Buddha through parables, personal stories, and guided meditations, which shed light on how to understand death and meet our fear.

*Plum Village Chanting and Recitation Book*, Thich Nhat Hanh and the Monks and Nuns of Plum Village (Parallax Press). The Five Remembrances, Ceremony to Support the Sick, Ceremony for Closing the Coffin, Burial Ceremony, Cremation Ceremony, Ceremony for the Deceased, Ceremony for the Deceased on the 7th and 49th Days.

*The Tibetan Book of Living and Dying*, Sogyal Rinpoche (HarperCollins). "In this timely book, Sogyal Rinpoche focuses on how to understand the true meaning of life, how to accept death, and how to help the dying, and the dead." (His Holiness the Dalai Lama)

*The Courage to Grieve: The Classic Guide to Creative Living, Recovery, and Growth Through Grief*, Judy Tatelbaum (Harper & Row). "Judy Tatelbaum provides excellent advice on how to help oneself and others get through the immediate experience of death and the grief that follows, as well as how to understand the special grief of children. Particularly useful are the techniques for completing or 'finishing' grief--counteracting the popular misconception that grief never ends." (from amazon.com)

*Grieving for Dummies*, Greg Harvey, PhD (Wiley), Empowering advice on the loss of a loved one, with suggestions about honoring your own grieving and supporting the grieving of others.

*Farewell, My Friend*, Beatrice Toney Bailey (Sheridan Books): A step-by-

step guide that leads you through what to do when a loved one receives a diagnosis, the necessary actions that need to be taken during the dying process, and navigating the grief process.

*The Cancer Journals*, Audre Lorde (Aunt Lute). Essays and journal writings by the poet Audre Lorde about her experience with breast cancer. Riveting and direct.

*When Breath becomes Air*, Paul Kalanithi (Random House): A 36 year-old neurosurgeon faces his own mortality.

### Advanced Directives and Wills

*Willmaker Plus 2016* book and software kit, from [nolo.com](http://nolo.com), cost is \$55

Also see [www.nolo.com](http://www.nolo.com) 's Wills, Trusts and Probate section.

5 Wishes, information about Advance Directives and living wills, and relevant forms is all available on the Internet.

A participant in this class shared what she found to be a great resource for living with an illness or caring for someone with an illness: [partnershipforcaring.org](http://partnershipforcaring.org).

### Recommended movies available on DVD

*Departures* (おくりびと *Okuribito*) is a 2008 Japanese drama film by Yōjirō Takita. It won the Academy Award for Best Foreign Language Film at the 81st Oscars in 2009 and the Japan Academy Prize for Picture of the Year at the 32nd Japan Academy Prize.