



Books about Palliative care:

Being Mortal, by Atul Gawande, M.D. A must-read for all!

With the End in Mind, by Kathryn Mannix, a palliative care specialist with 40 years of experience in the UK.

Listen by Dr Kathryn Mannix . Newest book focusing on tender conversations between people who care about each other. Book is available via amazon and you can also view a recent interview about her book and her tips at www.acpww.ca

21 Days to Die: The Canadian Guide to End-of-Life, by Linda Hochstetler, MSW, RSW. (Just published. Book launches Oct. 19 2021!) Pertinent and useful information and for the final weeks, days and hours

Talking About Death Won't Kill you: The Essential guide to end of life conversations by Dr. Kathy Kortez-Miller. Very topical to this work and many helpful suggestions for having these discussions with patients, families, friends and health care professionals

Final Journeys-Practical Guide for Bringing Care and Comfort at the End of Life, by Maggie Callanan, an ex-hospice nurse. Excellent "head's up" for patients and families on what to expect in the last weeks/days/hours and how to help.

A Beginner's Guide to the End: How to Live Life to the Full and Die a Good Death, by B.J.Miller, MD and Shoshana Berger.

Dying Well, by Ira Byock, MD. A prominent American Palliative Care physician's view and offerings of several case scenarios.



Life After Life, by Raymond A. Moody, Jr., MD. An exploration of near-death experiences from interviews with over 100 patients. Paints a very comforting picture of what may happen when we die

Modern Deathcare: End-of-Life Planning Guide, by Karry Sawatsky, Death Doula, Death Educator and Thanologist. Available at her website:
www.moderndeathcare.ca

Books on Grief:

Finding Meaning The Sixth Stage, by David Kessler, a grief expert and co-author of Elizabeth Kübler-Ross. When his son died tragically, he became a grief expert from a new perspective

How To Go On Living When Someone You Loves Dies, by Therese A. Rando, PhD An academic grief expert offering help to the general public.

Books for Kids: (Courtesy of Keri-Lyn Durant, educator, actor, director)

Lifetimes: The beautiful way to explain death to children, by Bryan Mellonies and Robert Ingpen; Perhaps the quintessential book about death for children. Emphasis on natural beginnings and endings.

When Dinosaurs Die, Laurie Krasny-Brown and Marc Brown; for ages 4-8.

The Heart and the Bottle, Oliver Jeffers; about hope and how it sometimes changes form.

Michael Rosen's Sad Book, Michael Rosen and Quentin Blake

Duck, Death and the Tulip, Wolf Erlbruch; Duck makes friends with death. deals with death and the afterlife.

Mavis and Merna, Ian Wallace; Friendship is the key ingredient in this lovely Canadian book about love and the many forms of loss.



The Care and Feeding of a Pet Black Hole by Michelle Ceuvas - this is a chapter book for children 8-12 years of age. The author has written a creative, funny and engaging book about 11 yr old Stella who shows up at NASA to talk to a scientist about taking a recording of her deceased father into space. She is followed home by a black hole that becomes her pet. Adventure, astronomy, laughter and tears along with learning about her own grief

Films for Kids:

- Coco
- UP
- Onward
- Soul(for older kids)

Podcasts re grief in Kids:

The Moth Podcast-K. Braestrup "The House of Mourning

The Waiting Room Revolution-Episode 23, S3- Shandi Alexander