

## **Talking about Dying Resources, Readings, and Additional Information**

### Having the Conversation

The Conversation Project – [theconversationproject.org](http://theconversationproject.org)

Death Cafes – [deathcafe.com](http://deathcafe.com)

Death over Dinner – [deathoverdinner.org](http://deathoverdinner.org)

Center for Practical Bioethics (including the Caring Conversations toolkit) – [practicalbioethics.org](http://practicalbioethics.org)

### Considering Options

Choosing Options, Honoring Options (Medford) – [cohoroguevalley.org](http://cohoroguevalley.org)

Compassion & Choices – [compassionoforegon.org](http://compassionoforegon.org)

Donate Life Northwest – [donatelifenw.org](http://donatelifenw.org)

Goldwater Institute (including information about the Right to Try movement) – [goldwaterinstitute.org](http://goldwaterinstitute.org)

### Forms

Oregon Health Decisions (including Advance Directives) – [oregonhealthdecisions.org](http://oregonhealthdecisions.org)

### General Resources and Organizations

American Association of Hospice and Palliative Medicine – [aahpm.org](http://aahpm.org)

Cambia Health Solutions – [cambiahealth.com](http://cambiahealth.com)

Center to Advance Palliative Care – [capc.org](http://capc.org)

Five Wishes (toolkits available in twenty-eight languages) – [agingwithdignity.org](http://agingwithdignity.org)

My Gift of Grace – [mygiftofgrace.com](http://mygiftofgrace.com)

Natural Transitions – [naturaltransitions.org](http://naturaltransitions.org)

Northwest Association for Death Education and Bereavement Support – [nwadebs.org/](http://nwadebs.org/)

Not Dead Yet – [notdeadyet.org](http://notdeadyet.org)

OHSU Center for Ethics in Health – [ohsu.edu/xd/education/continuing-education/center-for-ethics/](http://ohsu.edu/xd/education/continuing-education/center-for-ethics/)

Oregon Hospice Association – [oregonhospice.org](http://oregonhospice.org)

Oregon Health Authority (including information about the Oregon Death with Dignity Act) – [public.health.oregon.gov/Pages/Home.aspx](http://public.health.oregon.gov/Pages/Home.aspx)

Physician Orders for Life-Sustaining Treatment (POLST) Paradigm – [polst.org](http://polst.org)

Sacred Art of Living Center (Bend) – [sacredartofliving.org](http://sacredartofliving.org)

Winter/Spring – [winterspring.org](http://winterspring.org)

### Fiction and Drama

Edson, Margaret. *Wit* (play)

Green, John. *The Fault in Our Stars*

Sebold, Alice. *The Lovely Bones*

Tolstoy, Leo. *The Death of Ivan Ilyich*

Zusak, Markus. *The Book Thief*

### Poetry

Kunitz, Stanley. *The Wild Braid: A Poet Reflects on a Century in the Garden*

Young, Kevin. *The Art of Losing: Poems of Grief and Healing*

### Nonfiction

Albom, Mitch. *Tuesdays with Morrie*

Butler, Katy. *Knocking on Heaven's Door: The Path to a Better Way of Death*

Byock, Ira. *The Best Care Possible*

Chast, Roz. *Can't We Talk about Something More Pleasant?* (graphic novel)

Didion, Joan. *The Year of Magical Thinking*

Doughty, Caitlin. *Smoke Gets in Your Eyes: And Other Lessons from the Crematory*

Garrett, Greg. *Stories from the Edge: A Theology of Grief*

Gawande, Atul. *Being Mortal: Medicine and What Matters in the End*

Grassman, Deborah. *Peace At Last, Stories of Hope and Healing for Veterans and their Families*

Grewe, Fred. *What the Dying Have Taught Me about Living: The Awful Amazing Grace of God*

Groves, Richard F. *The American Book of Living and Dying: Lessons in Healing Spiritual Pain*

Halifax, Joan. *Being with Dying*

Hall, Donald. *Essays after Eighty*

Hitchens, Christopher. *Mortality*

Jenkinson, Stephen. *Die Wise*

Kramer, Kenneth. *The Sacred Art of Dying: How World Religions Understand Death*

Kübler-Ross, Elizabeth. *On Death and Dying*

Levine, Steven. *Healing into Life and Death*

Lewis, C.S. *A Grief Observed*

Nuland, Sherwin B. *How We Die: Reflections on Life's Final Chapter*

Rinpoche, Sogyal. *The Tibetan Book of Living and Dying*

Roach, Mary. *Stiff: The Curious Lives of Human Cadavers*

Schwalbe, Will. *The End of Your Life Book Club*

*Tricycle Teachings: Dying & Death* (ebook)

Volanders, Angelo. *The Conversation: A Revolutionary Plan for End of Life Care*

Ware, Bonnie. *The Top Five Regrets of the Dying*

### Articles

Kalanithi, Paul. "Before I Go" *Stanford Medicine* (Spring 2015)

Murray, Ken. "Why Doctors Die Differently" *Wall Street Journal* (February 25, 2012)

Sasser, Jennifer. "Fred's Figs: A Legacy Tale (in three parts)" *The International Journal of Reminiscence and Life Review*, Volume 2, Issue 1, pp. 31–35

### Films and Videos

*Go In Peace!* (film, 2013)

*Griefwalker* (film, 2008)

*How to Die in Oregon* (film, 2011)

*Love Is the Only Antidote to Fear* (online audio)

### Programs

Campbell, Courtney. *Grave Matters: Cultural Diversity on Life and Death* (Oregon Humanities Conversation Project program)

### Support Resources

Talking about dying can bring up deep emotions.

If you want to learn more about or connect with local resources please visit **211info.org**.

From their homepage, select "Search Now."

- In the search box, enter your zip code and/or city.
- Under "Browse Categories" select "Support."
- Under the Support category, select "Support Groups."
- Select from a number of different group options, including but not limited to Adult Parent Loss, Aging/Older Adult, Caregiver/Care Receiver, General Bereavement