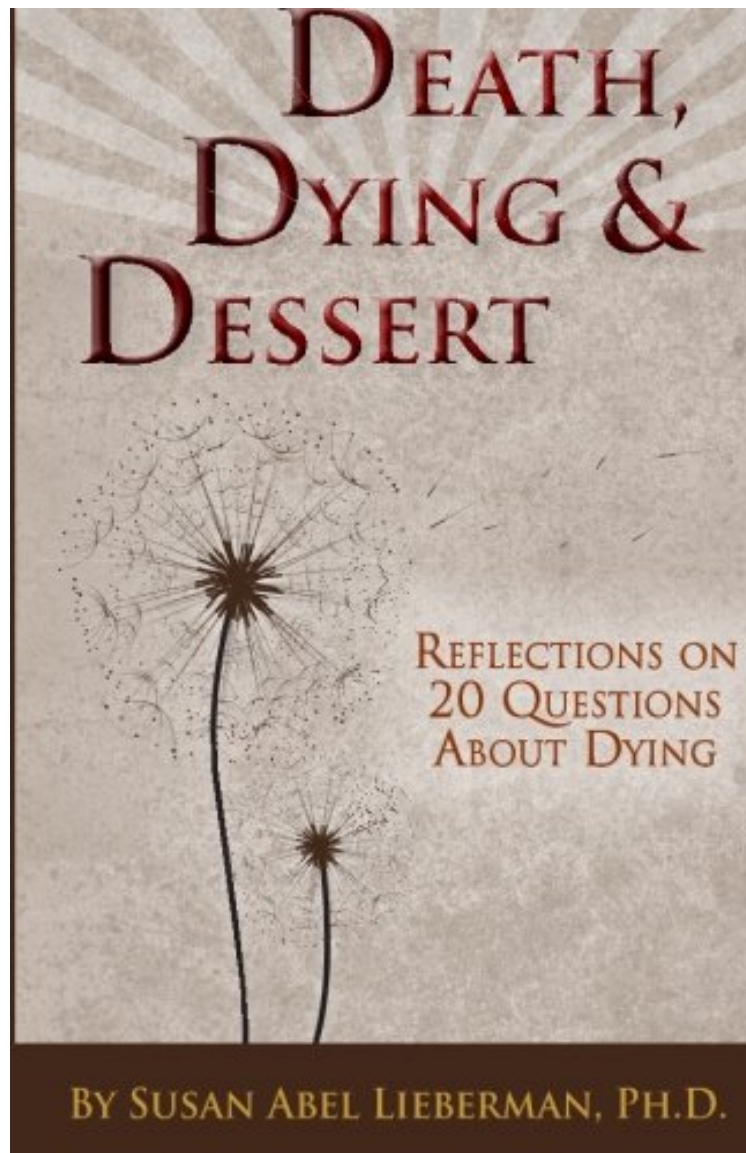


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# Death, Dying and Dessert: Reflections on Twenty Questions About Dying

*Susan Abel Lieberman*

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#1586460 in Books Susan Abel Lieberman Ph D 2013-05-08Original language:EnglishPDF # 1 8.50 x .52 x 5.50l, .59 #File Name: 0578120666206 pagesDeath Dying and Dessert | File size: 72.Mb

**Susan Abel Lieberman : Death, Dying and Dessert: Reflections on Twenty Questions About Dying** before purchasing it in order to gage whether or not it would be worth my time, and all praised Death, Dying and Dessert: Reflections on Twenty Questions About Dying:

0 of 0 people found the following review helpful. Sound advice.By Yvonne S.Very easy to read and gives easy to

follow advice. I felt I was taking advice from a good friend. I highly recommend. 0 of 0 people found the following review helpful. Five Stars By Judy C. Wilbratte Book delivered well and right away 3 of 3 people found the following review helpful. excellent book that adds a humanistic view to the legal paperwork By M. Beth Williams This book is spectacular. The topic of Death and Dying is one to be considered and planned for by all of us, not only the old and the sick. As the author mentions in the book, many of us like to live in denial about this topic. She tells us that we can take a break from denial, complete the necessary paperwork/discussions, and go right back to our sports teams and denial. It is a great gift to our loved ones to figure out the details for them so that when we pass, they can go about grieving without legal headaches and heartaches as they attempt to carry out our vague instructions. Sometimes, family members argue about "what mom would want" and it seems terribly selfish to put anyone through that when we have this easily accessible and useful guidebook to help them avoid such a situation. What makes this book special is that it is written in a very accessible way. Direct instructions, resources, and internet links are provided to guide the reader in the simple steps needed to have your affairs in order. Personal stories highlight the importance of this work. By giving statistics, realities, and explanations, one comes away feeling less fear and more understanding about what issues arise during the process of leaving this body. This book feels very round in its approach. Practical advice, digestible information, guideposts on how to complete the paperwork and get your ducks in a row, and a humanistic style encouraging dialogue. The author suggests one leave a letter or a video for loved ones acknowledging that decision making is often hard in these situations. She shares her own letter to her sons which I found deeply touching and helpful as I ponder what is important to me. Because we, as a culture, avoid the topic of death, it is difficult to wrap ones mind around what we would or wouldn't want as we die. Reading the letters of others was touching and immensely helpful. I am grateful for this book and its important message. I consider it a must read for everyone as we will all die someday whether we like it or not. You will not come away from this book depressed, but rather empowered and with less fear.

It is so human to want to deny death. Even if we understand we are likely to die, we dont expect it to happen in our lifetime. Denial isnt a bad strategy\* after we have given careful thought to what we want in a healthcare crisis,\* after we have stepped aside from denial long enough to put in place the legal documents that can save chaos, grief and, often, unnecessary expense when we die,\* after we have talked with our families and doctors about our wishes. Death, Dying and Dessert. Reflections on Twenty Questions About Dying is a book for healthy adults of all ages. It makes it easy to work through the organizational, emotional and spiritual issues that can reduce anxiety about end-of-life. There is wisdom, warmth and humor in this accessible and useful book. Read it, make notes, find clarity and take action. And then be kind enough to hand a copy to family members and friends so they, too, wont let denial cause unnecessary difficulty. Talking about death is not dangerous but, in fact, life-giving. Here are the twenty questions on which this book reflects: 1. Why Is Dying Important When We Are So Busy Living? 2. When Is It Time To Think About Dying? 3. Why Are We Afraid? 4. What Does Death Look Like? 5. What Is Old? 6. Can We Afford To Die? 7. Why Do We Need A Healthcare Proxy Form Now? 8. Why Complete An Advance Care Directive Now? 9. Why Do Most People Benefit From Writing A Will Now? 10. Why Should You Consider A Financial Power of Attorney? 11. Should We Donate Our Organs? 12. Why Add A Supplemental Letter, Video, Or Tape? 13. What Other Information Do We Need In Place? 14. How Do We Start A Conversation About Death and Dying With Family and Friends? 15. What Happens After We Die? 16. When Is Hospice A Good Idea? 17. How Do We Talk To Our Doctors? 18. Can Death Be Funny? 19. Can We End Our Life? 20. How Do We Find Grace Under Pressure?