

BEING MORTAL Retreat

OCTOBER 2020

Bibliography

Aging

The Grace in Aging, Kathleen Dowling Singh

If you read just one book on aging, I'd suggest this one.

Still Here - Embracing Aging, Changing and Dying, Ram Dass

Excellent, tender, profound.

Aging for Beginners, Ezra Bayda

A good introduction. Friendly.

What Are Old People For? William Thomas

Good overview of the journey of aging.

Come of Age, Stephen Jenkinson

This is a work of art. Long, poetic, profound. Critical of "the death trade."

From Age-ing to Sage-ing, Rabbi Zalman Schachter-Shalomi

Good wisdom.

Grieving

Bearing the Unbearable, Joanne Cacciatore

A beautifully written and helpful book on the way of grief.

The Wild Edge of Sorrow, Francis Weller

Powerful tools and community rituals for being with loss.

It's OK That You're Not OK, Megan Devine

Intimate help for the grieving.

Bibliography (contd.)

Dying

The Grace in Dying, Kathleen Dowling Singh

If you read just one book on dying, I'd suggest this one.

A Year to Live, Stephen Levine

A treasure for facing our death awake.

Who Dies? Stephen Levine

Same as above – a treasure.

On Death and Dying, Elisabeth Kubler-Ross

The original classic book on life, death and transition.

The Tunnel and the Light, Elisabeth Kubler-Ross

Essential insights plus 'Letter to a Child with Cancer'

Intimate Death, Marie de Hennezel

By a psychologist working in a hospice in Paris. Written from a loving perspective.

Being with Dying, Joan Halifax

Excellent Buddhist perspective on the transformative power of the dying process.

Die Wise - A Manifesto for Sanity and Soul, Stephen Jenkinson

Like his *Come of Age*, this is a work of art. Long, fascinating, inspiring.

Five Meditations on Death - In Other Words...On Life, Francois Cheng

A poetic and profound little book that I've read four times.

To Die Well, S. Wanzer, MD and J. Glenmullen, MD

Practical information and advice for the dying time.

Dealing Creatively with Death, Earnest Morgan

A manual of death education and simple burial. Good practical information.

Advice for Future Corpses (and Those Who Love Them), Sallie Tisdale

A brilliant book, straightforward, captivating.

Lessons from the Dying, Rodney Smith

Good suggestions for meditations and exercises.