



The American Book of Living and Dying: Lessons in Healing Spiritual Pain

Richard F. Groves, Henriette Anne Klauser

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For most people, the thought of dying or caring for a terminally ill friend or family member raises fears and questions as old as humanity: What is a “good death”? What appropriate preparations should be made? How do we best support our loved ones as life draws to its close? In this nondenominational handbook, Richard F. Groves and Henriette Anne Klauser provide comfort, direction, and hope to the dying and their caregivers through nine archetypal stories that illustrate the most common end-of-life concerns. Drawing from personal experiences, the authors offer invaluable guidance on easing emotional pain and navigating this difficult final passage.

With a compelling new preface, this edition also features an overview of the hospice movement; a survey of Celtic, Tibetan, Egyptian, and other historic perspectives on the sacred art of dying; as well as various therapies, techniques, and rituals to alleviate suffering, stimulate reflection, and strengthen interpersonal bonds. *The American Book of Living and Dying* gives us courage to trust our deepest instincts, and reminds us that by telling the stories of those who have passed, we remember, honor, and continue to learn from them.

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