



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

Susan Abel Lieberman

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It is so human to want to deny death. Even if we understand we are likely to die, we don't expect it to happen in our lifetime. Denial isn't 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, won't 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?

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