

Contents

Preface	7
PART I	
Introduction	9
Chapter 1: <i>A Mindfulness of Mortality</i>	11
Death as a Part of Life • A Good Death	11
Fear Fear & Pain • Impermanence & Control • Mindful Presence	15
An Authentic Life Values • A Web of Connections	27
Chapter 2: <i>Scripting End-of-Life Wishes</i>	43
Current Health & Future Decline Hope	43
About Death & Dying	50
Advance Care Planning Healthcare Power of Attorney • Living Will • Reflections • Sharing Wishes	56
Care the Last Days	61
After-Death Care Alternatives Home Funerals • Natural (Green) Burials	63
Action List	67
PART II	
You Have Died. Now What Happens?	70
After Death: Taking Care of Business	71
PART III	
Appendix I: Writing a Letter to a Loved One	79
Appendix II: Writing Your Obituary	81
Appendix III: Information for Death Certificate	84
Appendix IV: Glossary	85
Bibliography	86
About Jacki	87