

Aging Well in Community Library

BOOKS Alphabetized By Title	Author	
A Dog Walks into a Nursing Home: Lessons in the Good Life From An Unlikely Teacher	Halpern, Sue	In the unlikely sounding arena of a public nursing home, she led her (Labradoodle) into a series of encounters with the residents that revealed depths of warmth, humor and insight Sue Halpern hadn't expected. (Book jacket) "Massively insightful... Consider it a meditation on morality, aging, and friendship, as well as affirmation that, no matter our physical conditions or economic circumstances, 'we are rich in life.'" (Oprah) Condition: Slightly used, paperback
A History Of The Present Illness: Stories	Aronson, Louise	Aronson takes readers into overlooked lives in the neighborhoods, hospitals, and nursing homes of San Francisco, offering a deeply humane and incisive portrait of health and illness in America today. Her masterful writing is in the tradition of Oliver Sacks and Abraham Verghese, but provides a view of what it means to be a doctor and a patient unlike anything we've read before. The world between these pages pulsates with life and illuminates truths about what makes us human. (From book jacket). Condition: New, paperback
Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser	Richmond, Lewis	The first truth of aging is also the first truth of Buddhist teaching: Everything changes... Lewis Richmond helps us understand how the transformation can bring new possibilities, fresh beginnings, a wealth of appreciation, and a depth of gratitude that profoundly affects how our lives proceed. The guided meditations and contemplative reflections included help us to see that while we can't escape life's essential problems, we can change our understanding about them and enjoy the process. (From book jacket). Condition: New, paperback
Aging Well: Surprising Guidepost to a Happier Life	Valiant MD, George E. (Landmark Harvard Study of Adult Development)	What can you do to increase the likelihood of living a happy, healthy, fulfilling life into your 60's, 70's, 80's and beyond? George Vaillant MD concludes that individual lifestyle choices play a greater role than genetics, wealth, race, or other factors in determining how happy people are in later life. (From book jacket). Condition: New, paperback
Being Mortal	Gawande, Atul	We have come to medicalize aging, frailty, and death, treating them as if they were just one more clinical problem to overcome. However it is not only medicine that is needed in one's declining years but life - a life with meaning, a life as rich and full as possible under the circumstances. (Oliver Sacks) A deeply affecting, urgently important book - one not just about dying and the limits of medicine but about living to the last with autonomy, dignity, and joy. (Katherine Boo). Condition: New, hardback, from Church Library
Can't We Talk About Something More Pleasant? (Memoir)	Chast, Roz	Roz Chast and her parent were practitioners of denial: if you don't ever think about death, it will never happen. This book tells the story of an only child watching her parents age well into their nineties and die. Longtime New Yorker cartoonist Chast combines drawings with family photos and documents, chronicling that "long-good-bye". (Book jacket) "The lines between laughter and hysteria, despair and rage, love and guilt, are quavery indeed, and no one draws them more honestly, more unscrupulously, than Roz Chast." Alison Bechdel. Condition: Slightly used, hardback
Compassion & Choices Magazine and Good To Go Resource Guide	Compassion & Choices Organization	Compassion and Choices is the nation's oldest to and largest nonprofit organization working to improve care and expand choice at the end of life. These magazines are from 2015 but offer good information about Death With Dignity. For more up-to-date info, see CompassionAndChoices.org . Condition: Slightly used, magazines
Elderhood: Redefining Aging, Transforming Medicine, Reimagining	Aronson, Louise	Louise Aronson uses stories from her quarter century of caring for patients and draws from history, science, literature, pop culture, and her own life to weave a vision of old age that's neither nightmare or Utopian fantasy - a vision full of joy, wonder, frustration, outrage and hope about aging, medicine, and life itself. (Louise Aronson's website). Condition: New, hardback
Ending Up (Novel)	Amis, Kingsley	Everyone wants a comfortable place to die, and Kingsley Amis's characters have found it in Tuppenny-happeney Cottage, where assorted septuagenarians have come together to see one another out the door of life. And now it is Christmas. Children and grandchildren are coming to visit their ailing elders. They don't know what lies in store before the story ends. None of us do. (From book jacket) "Only comedy of this quality can embrace such a bleak midwinter with such relish, and make the reader relish it too. The brevity, structural tightness and keen pace of ENDING UP make it one of Amis's most engaging novels." Helen Dunmore Condition: new, paperback

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Falling Upward: A Spirituality for the Two Halves of Life	Rohr, Richard	Drawing on the wisdom from time-honored myths, heroic poems, great thinkers, and sacred religious texts, Richard Rohr explores the two halves of life to show that those who have fallen, failed, or “gone down” are the only ones who understand “up”. (Book jacket) “Understanding the spiritual aspects of aging is as important as appreciating the systems and biological processes that age us. Rohr has given us a perfect guide to what he calls the ‘further journey,’ a voyage into the mystery and beauty of healthy spiritual maturity.” Mehmet Oz, MD Condition: Slightly used, hardback
From Age-ing to Sage-ing: A Revolutionary Approach to Growing Older	Schachter-Shalomi, Zalman	Reb Zalman shows you how to create an aging process for yourself that is full of adventure, passion, mystery, and fulfillment, rather than anxiety... By harnessing the power of the spirit, he provides an effective way for you to use your own experiences to nurture, heal, and perhaps even free a younger generation from the prison of how we typically regard aging. (From book jacket). Condition: New, paperback
From Here to Eternity: Traveling the World to Find the Good Death	Doughty, Caitlin	Fascinated by our pervasive fear of dead bodies, mortician Caitlin Doughty embarks on a global expedition to discover how other cultures care for the dead. Exquisitely illustrated by artist Landis Blair, this book is an adventure into the morbid unknown, a fascinating tour through the unique ways people everywhere confront mortality. (From book jacket). Condition: New, paperback
Good Grief	Westberg, George E.	This gem is written with the heart of a pastor, the insight of a psychologist, the humanity of a spouse or a partner, and the hope of someone who has seen so many survive the process of grieving. IT is simple but not simplistic. It is profound but not professorial. Most importantly, it describes the pathway through grieving that can only be found through honesty. This is a book that should quickly be in the hands of anyone grieving for any reason. (From book jacket, c/o Dr. Timothy Johnson). Condition: Slightly used, small paper booklet
How We Die: Reflections of Life’s Final Chapter, New Edition	Nuland, Sherwin B.	Nuland’s HOW WE DIE has become the definitive text on perhaps the single most universal human concern: death. This new edition includes an all-embracing and incisive afterward that examines the current state of health care and our relationship with life as it approaches its terminus. It also discusses how we take control of our own final days and those of our loved ones. (From Goodreads) Condition: New, paperback
How We Live	Nuland , Sherwin B.	Sherwin Nuland has written a lucid, wonderful, and wonder-filled new book exploring the body’s mysterious capacity to marshal disparate organs and processes in the interest of survival. The book is filled with gripping medical histories that reveal science writing of the rarest kind - lucid, poetic, and genuinely uplifting. (From book jacket). Condition: New, paperback
It’s OK to Die	Williams-Murphy MD, Monica and Murphy, Kristian	Death is coming to us all, and yet, we continue to subject our dying loved ones to futile and painful treatments. Take the information and passion from this book and prepare, before you reach the final phase of your life. Then, when you arrive - fight for a “good death”...in the arms of those who love you, with your pain controlled, with your fears addressed, with your goodbyes said. The Murphy’s have done a masterful job of helping readers understand that they have the right to assert some power over our current medical system that does not typically understand that it is sometimes OK TO DIE. Condition: Slightly used, paperback
Let’s Talk About Death Over Dinner	Hebb, Michael	We have countless conversations through our life, yet the most critical one - discussing death - is the one we just aren’t having. This book helps transform difficult conversations into celebratory and meaningful opportunities through story telling and research findings. Hebb suggests that one of the best places to have these conversations is over dinner, preferably in someone’s home, with friends, while eating a great meal. (From book jacket). The corresponding website: DeathOverDinner.org offers a detailed guide for holding such an event. “With wisdom and grace, Michael Hebb shows us how to have the essential conversations we dread, fear - or just don’t know how to have. These conversations, like this book, are expansive, filled with hope, and make us more courageous, connected, and honest.” Esther Perel Condition: New, hardback
Moving: A Step-By-Step Guide	Published for Ceridian Corp	This guide talks about all the ins and outs, ups and downs involved in making a transition carefully breaking down an overwhelming process into small steps. Chapters include Moving Timeline, Making the Decision, Getting Ready, Preparing Family Members, Moving as a Single Adult, Moving Day and Settling in. A Moving Checklist is also provided. Condition: Used, paper

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My Mother, Your Mother: Embracing “Slow Medicine”, the Compassionate Approach to Caring for Your Aging Loved Ones	McCullough MD , Dennis	Shaped by common sense and kindness, Dennis McCullough’s book advocates for careful anticipatory “attending” to an elder’s changing needs rather than waiting for crises that force acute medical interventions... This is not a plan for preparing for death; it is a plan for understanding, for caring, and for helping those you love live well during their final years. A book written for all people growing older but, perhaps more importantly, for family and friends who will be sharing in that journey, participating in the decision making and caretaking. (From book jacket). Condition: New, paperback
My Stroke of Insight, A Brain Scientist’s Personal Journey	Taylor Ph.D, Jill Bolte	Dr. Taylor shares her unique perspective on the brain and its capacity for recovery, and the sense of omniscient understanding she gained from this unusual and inspiring voyage out of the abyss of a wounded brain (stroke and other injuries.) Her book is both a valuable recovery guide for anyone touched by a brain injury and an emotionally stirring testimony that deep internal peace truly is accessible to anyone at any time. Condition: Slightly used, hardback
On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy and Their Own Families	Kubler-Ross MD, Elisabeth	In this book, Dr. Kubler-Ross explores the now-famous stages of death: denial, anger, bargaining, depression, and acceptance. She communicates to readers a profound understanding of how imminent death affects the patient, the professionals who serve that patient, and the patient’s family. In the foreword, Ira Byock, MD reflects on the enduring legacy of ON DEATH AND DYING and the important role it has played in fostering a more open conversation about issues associated with the end of life in our culture. (From book jacket). Condition: New, paperback
On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss	Kubler-Ross MD, Elisabeth	ON GRIEF AND GRIEVING is a heartfelt tribute to all who have lost a loved one from a woman who changed our lives by changing our relationship to death and dying. It is a rich trove for anyone experiencing grief - a beacon shedding light, comfort and hope. (From book jacket). Condition: New, paperback
Reinventing Aging: Baby Boomers and Civic Engagement	Harvard School of Public Health - MetLife Foundation	“The Baby boomers soon will have the opportunity to redefine the meaning and purpose of the older years. As some of the demands of work and family that have commanded their attention in mid-life recede, boomers will have the potential to become a social resource of unprecedented proportions by actively participating in the life of their communities. But will they participate?” This report looks at the difference between volunteerism in the age of the “Greatest Generation” and the age of “Baby Boomers”, as well as how changing trends in retirement and current attitudes toward volunteering will impact our communities going forward. Condition: Slightly used, paperback report
Somewhere Towards the End: A Memoir	Athill, Diana	A perfect memoir of old age - candid, detailed, charming, totally lacking in self-pity or sentimentality and, above all beautifully, beautifully written. Diana Athill reflects openly, and sometimes with great humor, on the losses and occasionally the gains that age brings. (From book jacket). Condition: New, paperback
The American Way of Death Revisited	Mitford, Jessica	In this book, Mitford confronts new trends, including the success of the professional lobbyists in DC, inflated cremation costs, the telemarketing of pay-in-advance graves, and the effects of monopolies in a death-care industry now dominated by multinational corporations. A hilarious page-turner...brilliant...A must-read for anyone planning to throw a funeral in their lifetime. (From book jacket). Condition: New, paperback
The Art of Dying Well: A Practical Guide to a Good End of Life	Butler, Katy	“This is a book to devour, discuss, dog-ear, and then revisit as the years pass. Covering matters medical, practical, financial, and spiritual - and, beautifully, their intersection - Katy Butler gives wise counsel for the final decades of our ‘wild and precious’ lives. A crucial addition to the bookshelves of those seeking agency, comfort, and meaning, THE ART OF DYING WELL is not only about dying. It’s about living intentionally and in community.” Lucy Kalanithi, MD Condition: New, hardback
The Five Invitations, Discovering What Death Can Teach Us About Living Fully.	Ostaseski, Frank	THE FIVE INVITATIONS is a request to show up and be fully present for every aspect of your life. It sheds light on the preciousness of every moment and reminds us that the best preparation for death is forging an authentic and meaningful life, free of regret. This edition includes a guide that encourages thoughtful and provocative discussions to help us have meaningful conversations about loss, life transitions, and the preciousness of human life with friends, loved ones, colleagues, healthcare teams and spiritual communities. (From book jacket) Condition: Slightly used, paperback

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The Gift of Years, Growing Older Gracefully	Chittister, Joan	THE GIFT OF YEARS reflects on many aspects of aging, the purposes and concerns, the struggles and surprises, the potential and joys. It is a panoply of central issues that emerge with age to bring us to the fullness of life. And perhaps the most important dimension of older age, Chittister illuminates, is to become aware of its profound purpose: These are the capstone years, the time in which a whole new life is in the making again. The gift of these years is not merely being alive, it is the fight of becoming more fully alive than ever. Life is about loving into the values offered every day, about growing older with grace. (From book jacket). Condition: New, paperback
The Good Death: An Exploration of Dying in America	Neumann, Ann	Neumann weaves personal accounts with a historical exploration of the movements and developments that have changed the ways we experience death, and she presents intimate portraits of the nurses, patients, bishops, bioethicists, and activists who are shaping how we die. THE GOOD DEATH...serves as an example of how we can treat our loved ones during the twilight of their lives to ensure their happiness and a peaceful closure. (From book jacket) Condition: New, paperback
The Picture of Dorian Gray. (Novel)	Wilde, Oscar	Wilde's story plays upon the timeless theme of selling one's soul in exchange for earthly pleasures and the inevitable disaster that results. Mix in a magical painting and a pinch of eternal youth and you've got the makings for this classic, fabulous story. And why? Because we live in a culture where youth is idolized and age is the enemy of the people—the goal these days seems to be not just to stop aging, but to get younger. The quest for the Fountain of Youth is one of the oldest stories there is; apparently, humanity in general has had a hard time getting over the fact that we all grow old and die. (From Sparknotes study guide on-line). Condition: New, paperback
The Unspeakable Loss: How Do You Live After A Child Dies?	Zenoff, Nisha	No matter where you are in your grieving process, The Unspeakable Loss provides a space to mourn in your own way, and helps you understand how the death of a child affects siblings, other family members and friends, recognizing that we each grieve differently. And while there is no one prescription for healing, Zenoff provides tools to practice the important aspects of grieving that are easily forgotten--self-compassion and self-care... Ultimately, it is a book about the choice to embrace life, love, and joy again. (From Goodreads). Condition: New, paperback
The Year Of Magical Thinking	Didion, Joan	From one of America's iconic writers, a stunning book of electric honesty and passion. Joan Didion explores an intensely personal yet universal experience: a portrait of a marriage - and a life, in good times and bad - that will speak to anyone who has ever loved a husband or wife or child. This powerful book is Didion's attempt to make sense of the "weeks and then months that cut loose any fixed idea I ever had about death, about illness...about the shallowness of sanity, about life itself." (From the book jacket) Condition: Slightly used, hardback
This Chair Rocks: A Manifesto Against Ageism	Applewhite, Ashton	It's time to create a world of age equality by making discrimination on the basis of age as unacceptable as any other kind of bias. Whether you're older or hoping to get there, this book will shake you by the shoulders, cheer you up, make you mad, and change the way you see the rest of your life. (From book jacket) "Within four or five wise, passionate pages, I had found insight, illumination, and inspiration. I never use the word 'empower,' but this book has empowered me." Anne Lamont. Condition: New, hardback
What Are Old People For? How elders will save the world	Thomas MD, William H.	In this book, Dr. Thomas describes how our obsession with youth damages the well-being of all, young and old alike, and he offers an alternative. He blends the spirit of optimism with useful advice, helping us see society in a new light. (Book jacket) "We live in a profoundly ageist society. The post-WW2 generation, in particular, has lionized youth, making its power, energy, and beauty the standard against which we all are to be measured ... We see, with increasing clarity, the calamities that a youth obsessed society is willing to impose on the old." Dr. Thomas. Condition: Slightly used, paperback
When Breath Becomes Air	Kalanithi, Paul	WHEN BREATH BECOMES AIR is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both. Condition: Slightly used, hardback
Women Rowing North	Pipher, Mary	Thoughtful, wise, and profoundly transformative, WOMEN ROWING NORTH tells the stories that make us feel accompanied and hopeful as well as providing models and muses for all the challenges and joys of this later stage of life. This is truly a one-of-a-kind book, one that I've been waiting for. Julia Alvarez. Condition: New, hardback