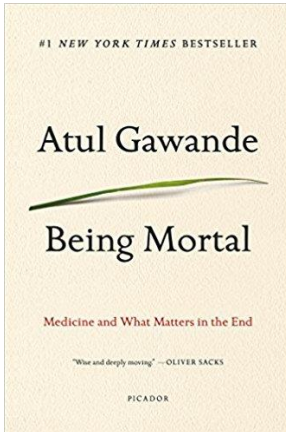


## Your Life – Your Wishes Task Force

Honoring your health care wishes when it matters most!



### BOOK CLUB RECOMMENDATIONS

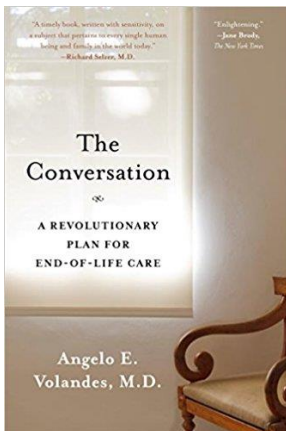


#### **Being Mortal: Medicine and What Matters in the End**

by Atul Gawande

Medicine has triumphed in modern times, transforming the dangers of childbirth, injury, and disease from harrowing to manageable. But when it comes to the inescapable realities of aging and death, what medicine can do often runs counter to what it should. Through eye-opening research and gripping stories of his own patients and family, Gawande reveals the suffering this dynamic has produced. Atul Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. Now he examines its ultimate limitations and failures-in his own practices as well as others'-as life draws to a close. Riveting, honest, and humane, *Being Mortal* shows how the ultimate goal is not a good death but a good life-all the way to the very end.

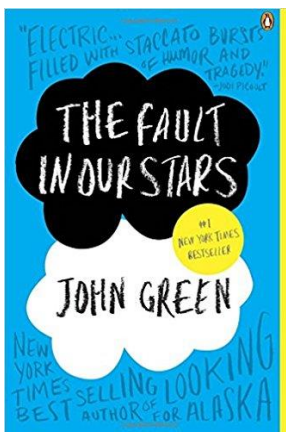
*Named a Best Book of the Year by The Washington Post, The New York Times Book Review, NPR, and Chicago Tribune (Available in paperback with a new reading group guide)*



#### **The Conversation: A Revolutionary Plan for End-of-Life Care**

by Angelo E. Volandes

There is an unspoken dark side of American medicine--keeping patients alive at any price. Two thirds of Americans die in healthcare institutions, tethered to machines and tubes at bankrupting costs, even though research shows that most prefer to die at home in comfort, surrounded by loved ones. Dr. Angelo E. Volandes believes that a life well lived deserves a good ending. Through the stories of seven patients and seven very different end-of-life experiences, he demonstrates that what people with a serious illness, who are approaching the end of their lives, need most is not new technologies but one simple thing: The Conversation. He argues for a radical re-envisioning of the patient-doctor relationship and offers ways for patients and their families to talk about this difficult issue to ensure that patients will be at the center and in charge of their medical care. It might be the most important conversation you ever have.

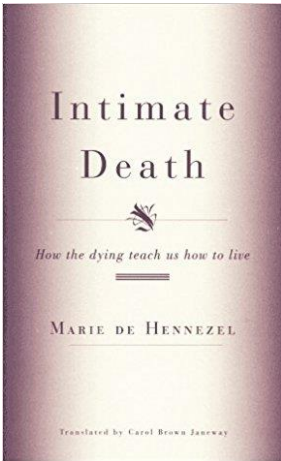


#### **The Fault in Our Stars**

by John Green

Despite the tumor-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel's story is about to be completely rewritten.

Insightful, bold, irreverent, and raw, *The Fault in Our Stars* is award-winning-author John Green's most ambitious and heartbreaking work yet, brilliantly exploring the funny, thrilling, and tragic business of being alive and in love.



## Intimate Death: How the dying teach us how to live

by Marie De Hennezel

An extraordinary book and an immediate bestseller abroad, *Intimate Death* tells readers how to help those who are dying face the end squarely and with acceptance, bringing back both peace and dignity to death.

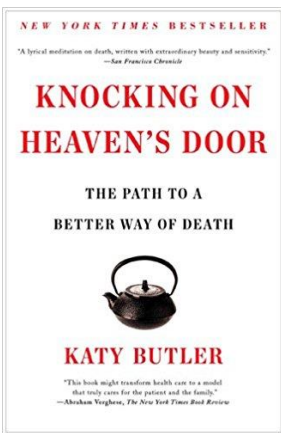
## Knocking on Heaven's Door: The Path to a Better Way of Death Paperback

By Katy Butler

Katy Butler was living thousands of miles away when her old but seemingly vigorous father suffered a crippling stroke. She flew East and in time became her parents' part-time caregiver, thoroughly re-embroiled in the childhood family dynamics she thought she'd left behind.

Her father's natural suffering was bad enough. But in time she saw it prolonged by an advanced medical device -- a pacemaker -- that kept his heart going while doing nothing to prevent his slide into dementia, near-blindness, and misery. When he said, "I'm living too long," Katy and her mother faced wrenching moral questions, faced by millions of America's 28 million caregivers. Where is the line between saving a life and prolonging a dying? When do you say to a doctor, "Let my loved one go?"

Part memoir, part medical history, and part spiritual guide, *Knocking on Heaven's Door* is a map through the labyrinth of a broken medical system. Its provocative thesis is that technological medicine, obsessed with maximum longevity, often creates more suffering than it prevents. It also chronicles the rise of Slow Medicine, a movement bent on reclaiming the "Good Deaths" our ancestors prized. In families, hospitals, and the public sphere, this visionary memoir is inspiring passionate conversations about lighting the path to a better way of death.



## When Breath Becomes Air

by Paul Kalanithi

At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. *When Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir.

*#1 New York Times Bestseller; Pulitzer Prize Finalist*

