



How to Approach Death

By Tugendhat, Julia

Sheldon Press, London UK, 2007. Soft cover. Condition: New. First Edition. 95pp, appendix of useful addresses included. The author describes how thoughtful preparation can make a huge difference both to ourselves and to our friends and family. She discusses the practical, psychological and spiritual ways in which we can make our own deaths as 'good' as possible. Topics covered include attitudes to death and how they have changed; options available for end-of-life care; how to deal with the loss of a relative or friend; how to make wills and living wills; and how to plan funerals and memorials.



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