

Books (and more) to help you explore conversations around death and dying

Our recommendations
this year come from
contributors including
Dying Matters
supporters, hospice
professionals and
academics.

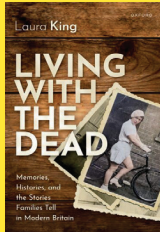


The Language of Kindness

by Christie Watson

"I had the pleasure of working with Christie during the pandemic and was bowled over by this honest account of her experiences as a professional and a daughter. I hope that this book will help you to reflect on personal experiences and losses, fuelling conversations just like it did for me."

Dr Lucy Pain, Palliative Medicine Consultant

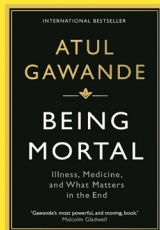


Living with the Dead

by Professor Laura King

"The dead are everywhere in family life. From a great-grandmother's recipe, and an old photo of a family on a beach, to a much-told story of fleeing a home, families are made by their pasts. This book charts the way families create afterlives for their ancestors, asking who and what gets to be remembered, and why."

Chris, Dying Matters Supporter

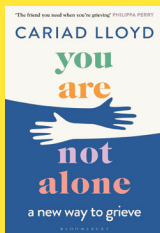


Being Mortal

by Atul Gawande

"Being Mortal is a beautiful philosophical exploration of modern medicine's loss of focus on 'what matters in the end,' and a plea to his fellow American doctors to discuss dying honestly and prioritise comfort when death can no longer be postponed."

Dr Kathryn Mannix, former palliative care doctor and author of *With the End in Mind*



You are not alone

by Cariad Lloyd

"Cariad shares her learnings over the 20+ years she's been grieving. Parts of the book have you ferociously nodding! It really makes you feel exactly what the title says, that you are not alone."

Amber Jeffrey, podcast host at *The Grief Gang*



Granpa

by John Burningham

"A picture book for younger children (and all of us) remembering happy times with Granpa, now that he has died and his chair is empty. A great way to engage in family discussion about the death of a person we love."

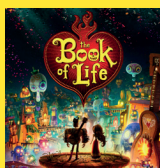
Natalie, Dying Matters Supporter



Podcast: Part of Life

"A positive and honest space to discuss all things relating to death and dying. From the latest in scientific research and professional resources, to wellbeing support and compassionate conversations, *Part of Life* aims to destigmatise death to make the most of life."

Molly, Dying Matters Supporter



Film: The Book of Life, & Coco

These films focus on the *Day of the Dead* (Dia De Los Muertos), a Mexican holiday reuniting the living and dead. They spark conversations about talking openly about death, remembering others through shared stories; and becoming more at ease with dying.

Dr Jane Lavery, Associate Professor in Latin American Studies at the University of Southampton



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