

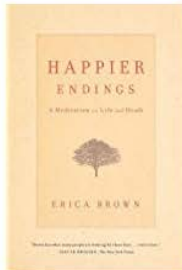
Book Recommendation

Happier Endings: A Meditation on Life and Death, by Erica Brown

Called “cathartic” by *The Wall Street Journal*, this wise and affirming book helps you accept and prepare for death through important conversations about what matters most.

“Extreme empathy with extreme tough-mindedness.” That’s how David Brooks, of *The New York Times*, describes Erica Brown. In *Happier Endings*, she helps us confront our fears about death—for ourselves and our loved ones—and demonstrates how the last days of life can be among the most inspiring if we learn to leave a legacy of words and values, to forgive and apologize, and to make important decisions.

Along the way, she introduces us to people of all faiths who deal with death in enlightening ways, including a mother who arranged for her children to sprinkle her ashes on a favorite ski slope; an ex-nun who prepares people to die; a group of women who ritually wash their dead; and a family whose grandfather’s ethical will is read by his survivors each year. After reading *Happier Endings*, you will have a greater understanding of what a good death can be and what a life well lived looks like.



[Happier Endings: A Meditation on Life and Death by Brown, Erica 1st \(first\) Edition \(4/2/2013\)](#) 1600

Hardcover

\$3.99 (40 used & new offers)

From an anonymous reader:

Must reading. Touching, sensitive, deeply human analysis of death and the dying. What death and the dying have to teach us about appreciating life, about loving those close to us. How to make the last months, weeks, days and hours of the dying as meaningful and therapeutic as possible, for both the dying and the mourners. Erica writes like a deeply compassionate psychotherapist. Very warm, at times somewhat humorous. Could hardly put it down.