

Dying Well: Peace and Possibilities at the End of Life

By Ira Byock, M.D.

Ira Byock, M.D., *Dying Well: Peace and Possibilities at the End of Life*. New York: Riverhead Books, 1998.

Ira Byock makes it clear to his readers that no one has to die alone or in pain. Families facing the sadness of saying goodbye to loved ones have been helped by the author and he brings the richness of their stories to this book. "Dying Well" offers deeply personal insights into a person's last days and offers helpful advice for families who want to offer support. Pain relief and hospice care issues are covered thoroughly as are the remarkable family reconciliations that often occur at the bedside of a loved one.

One reviewer wrote, "As I was struggling through the final months of my mother's life, I stumbled across this inspired book. At some points it was so brutally honest and raw in its assessment of death and hospice issues that I could barely read on, but I felt compelled to. Byock has a rare and valid perspective that deserves discussion - preferably before you are faced with the imminent death of a loved one."

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