



At Home with Dying

Merrill Collett

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Most people would rather die at home, surrounded by familiar sights and cared for by our loved ones, than in a hospital. But most of us, too, would be overwhelmed, even frightened, at the prospect of having to provide such caregiving. Of the many books available about death and dying, this is the first to explain in detail how caring for a dying loved one can be a life-expanding experience when done mindfully and from the heart. *At Home with Dying* is a practical guide the physical, emotional, and spiritual skills needed to care for someone who is terminally ill, based on the principles that guide the Zen Hospice Project of the San Francisco Zen Center. Merrill Collett explains step-by-step how to feed, clean, and take care of a dying person—in a way that benefits both patient and caregiver. The instructions, which include ancient wisdom teachings as well as modern practical nursing methods, include: Mindfulness skills Effective pain treatments Appropriate cooking and feeding techniques Household organization and visitor management Preparation for the moment of death Working with grief

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