



# **The Dying Time: Practical Wisdom for the Dying & Their Caregivers**

*Joan Furman, David McNabb*

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"One of the best books available on caring for the dying, *The Dying Time* combines deep insight and down-to-earth practicality. All caregivers need to know what's between these covers. This book demystifies the process of death, yet honors the sacredness of life's final transition. Highly recommended."

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Here is a comprehensive and thorough handbook for the dying and their caregivers. Joan Furman and David McNabb walk the reader through the dying time, providing details on how to make the environment conducive to peace and tranquillity, give physical care, understand and respond to the emotional and spiritual crises that naturally occur, and stay healthy as a caregiver. They answer with honesty and sensitivity the questions most frequently asked, such as what actually happens at the time of death. The book also deals with arranging for a meaningful memorial service and handling grief for those who are left behind. And it offers guided imagery for coping with pain and suggests literature and music to ease the passage of those whose health is irreversibly failing.

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