



Philly Death Doula Collective
2023 Death Positive Reading Challenge
www.phillydeathdoulas.com

Table of Contents

1. About caring for the caregiver or self-care
2. Fiction - where a death worker is a character
3. Centered around cultural deathways
4. Written by a deathcare provider
5. A work of thanatology or the psychology of grief
6. About the physical process of dying
7. Written by a dying person
8. Fiction - where death is a character
9. A queered death-related perspective
10. Written by a griever
11. Death care / grief care academic journal
12. A book about ethical wills
13. Written by and about PGM grieving and dying

Do you have a suggestion? This document accepts comments! Please leave your suggestion as a comment and we will go about adding them periodically. We are striving to amplify voices that are less heard from, generally, so if there is a super popular work by a cis het white man that is not listed here – it's probably on purpose. Thank you so much for checking out our challenge and for striving to be more death positive. We are honored to walk alongside you in whatever you are grieving.

And PLEASE check out the content warnings for each of these works before you endeavor. We're here to learn, but it's ok to decide you're not ready for something yet.

Sincerely,

Kamala & Lori
Philly Death Doula Collective

Caring for the caregiver and/or self-care

1. A Bittersweet Season: Caring for Our Aging Parents and Ourselves – Jane Gross
2. Be the Noodle: Fifty ways to be a compassionate, courageous, crazy-good caregiver – Lois Kelly
3. The Body Is Not an Apology: The Power of Radical Self-Love – Sonya Renee Taylor
4. Can't We Talk About Something More Pleasant? – Roz Chast
5. The Caregiver's Challenge: Living, Loving, Letting Go – Maryann Schacht
6. The Color of Care: A Beginner's Guide for the African American Caregiver – Ky'a Jackson
7. The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself – Linda Abbit
8. Living with Dying — Jahnna Beecham and Katie Ortlip
9. Late Migrations: A Natural History of Love and Loss – Margaret Renkl
10. Multicultural Guide to Caregiving: Essential resources to help you balance traditions without losing your mind or money – Angelica Herrera Venson
11. My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver – Martin J. Schreiber
12. The Self-Compassion Workbook – Joy Johnson
13. Stillpoint: A Self-Care Playbook for Caregivers to Find Ease, and Time to Breathe, and Reclaim Joy Second Edition – Sheila K. Collins, PHD, Christine Gautreaux, MSW
14. The Sudden Caregiver: A Roadmap for Resilient Caregiving – Karen Warner Schueler
15. Why Has Nobody Told Me This Before? – Julie Smith
16. Together: The Healing Power of Human Connection in a Sometimes Lonely World – Vivek H Murthy M.D.
17. Care Work: Dreaming Disability Justice – Leah Lakshmi Piepzna-Samarasinha
18. Pleasure Activism: The Politics of Feeling Good – adrienne maree brown (Editor)
19. Rest Is Resistance – Tricia Hersey
20. A Fierce Heart – Spring Washam

Fiction – where a death worker is a character

1. The Next Thing You Know – Jessica Strawser
2. The Book of Two Ways – Jodi Picoult
3. Casket Cache – Janice J. Richardson
4. The Thoughts & Happenings of Wilfred Price, Purveyor of Superior Funerals – Wendy Jones
5. Wild Oats – Pamela Morsi
6. Woman of the Dead – Bernhard Aichner
7. Madam Mortician – Tara Carr
8. Owl's Slumber – Nicky James
9. Remains of the Day – Misty Simon
10. Mourning Wood – Heather M. Orgeron

11. Fun Home: A Family Tragicomic – Allison Bechdel
12. Putting Makeup on Dead People – Jen Violi
13. Beneath the Bone Tree – Anne-Marie Keppel
14. Life Events – Karolina Waclawiak
15. Dear Edward – Ann Napolitano
16. The Immortalists – Chloe Benjamin
17. Postmortem – Patricia Cornwell
18. The Surgeon – Tess Gerritsen
19. Exhume – Danielle Girard
20. Working Stiff – Annelise Ryan
21. A Terrible Kindness – Jo Browning Wroe
22. Morbidly Yours — Ivy Fairbanks
23. The Collected Regrets of Clover — Mikki Brammer

Centered around cultural deathways

1. Las Ceremonias Bonitas, Home Funeral Ceremonies: A primer to honor the dying and the dead with reverence, light-heartedness and grace – Donna Belk & Kateyanne Unullisi
2. The Buried Treasures Of The Ga: Coffin Art In Ghana – Regula Tschumi
3. The Tibetan Book of Living and Dying – Sogyal Rinpoche
4. Anam Cara – John O'Donohue
5. The American Book of Living and Dying – Richard Groves
6. From Here to Eternity: Traveling the World to Find the Good Death – Caitlin Doughty
7. Passed On: African American Mourning Stories – Karla FC Holloway
8. Killing the Black Body – Dorothy Roberts
9. Path of Souls: The Native American Death Journey – Gregory Little
10. No Death, No Fear – Thich Nhat Hanh
11. Revolutions in Sorrow: The American Experience of Death in Global Perspective – Peter N. Stearns
12. Chinese American Death Rituals: Respecting the Ancestors – Sue Chung and Priscilla Wegars
13. Death and the Idea of Mexico – Claudio Lomnitz
14. The Way of American Death Revisited – Jessica Mitford
15. Traditions of Death and Burial – Helen Frisby
16. Death's Summer Coat: What the History of Death and Dying Teaches Us About Life and Living – Brandy Schillace
17. In This Timeless Time: Living and Dying on Death Row in America – Bruce Jackson
18. Death Burial and Afterlife in the Biblical World: How the Israelites and Their Neighbors Treated the Dead – Rachel S. Hallote
19. Six Feet Under or Up in Smoke: The Aussie Way of Death – Jim Eames
20. Necropolis: London and Its Dead – Catharine Arnold

Written by a deathcare provider

1. Death Nesting – Anne-Marie Keppel
2. Die Wise – Stephen Jenkinson
3. Accompanying The Dying – Deanna Cochran
4. The Art of Dying Well: A Practical Guide to a Good End of Life – Katy Butler
5. Holding Space: On Loving, Dying, and Letting Go – Amy Wright Glenn
6. Sacred Dying: Creating Rituals for Embracing the End of Life – Megory Anderson
7. Reimagining Death – Lucinda Herring
8. Peaceful Passages – Janet Wehr RN
9. A Beginner's Guide to the End: Practical advice for living life and facing death – Shoshana Berger & B.J. Miller
10. The Five Invitations: Discovering what death can teach us about living fully – Frank Ostaseski
11. The Best Care Possible: A Physician's Quest to Transform Care Through the End of Life – Ira Byock
12. That Good Night: Life and Medicine in the Eleventh Hour – Sunita Puri
13. Caring for the Dying: The Doula Approach to a Meaningful Death – Henry Ferko-Weiss
14. Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death – Joan Halifax
15. The Green Reaper: Memoirs of an Eco-Mortician – Elizabeth Fournier
16. In the Slender Margin: The Intimate Strangeness of Death and Dying – Eve Joseph
17. Present Through the End: A Caring Companion's Guide for Accompanying the Dying – Kristin DeLeo

A work of thanatology or the psychology of grief

1. Signs: The Secret Language of the Universe – Laura Lynne Jackson
2. Maybe You Should Talk to Someone – Lori Gottlieb
3. The Wild Edge of Sorrow – Francis Weller
4. Dead Girls: Essays on Surviving an American Obsession – Alice Bolin
5. Grief is a Journey: Finding Your Path Through Loss – Kenneth Doka
6. Ambiguous Loss: Learning to Live with Unresolved Grief – Pauline Boss
7. Grief, Dying, & Death – Therese Rando
8. Grief Works: Stories of Life, Death and Surviving – Julia Samuel
9. Western Attitudes Toward Death: from the Middle Ages to the Present – Phillipe Aries
10. Death, Dying and Grief in an Online Universe – Carla Sofka
11. The Denial of Death – Ernest Becker
12. The Worm at the Core – Sheldon Solomon
13. Finding Meaning: The Sixth Stage of Grief – David Kessler
14. Philosophy and Death: Introductory Readings – Robert J. Stainton
15. Handbook of Thanatology: The Essential Body of Knowledge for the Study of Death, Dying, and Bereavement – David Meagher & David Balk

About the physical process of dying

1. Gone From My Sight: The Dying Experience – Barbara Karnes
2. Hospice & Palliative Care Handbook: Third Edition – Tina M. Marrelli
3. The Corpse: A History – Christine Quigley
4. Compassionate Person-Centered Care for the Dying – Bonnie Freeman
5. Anatomy of an Illness as Perceived by the Patient – Norman Cousins
6. Extreme Measures: Finding a better path to the end of life – Jessica Zitter MD
7. Advice for Future Corpses (and Those Who Love Them) – Sallie Tisdale
8. Final Gifts: Understanding the special awareness, needs, and communications of the dying – Maggie Callanan
9. Knocking On Heaven's Door – Katy Butler
10. The Conversation: A Revolutionary Plan for End-of-Life Care – Angelo E. Volandes
11. How We Die: Reflections of Life's Final Chapter – Sherwin B. Nuland
12. Stiff: The Curious Lives of Human Cadavers – Mary Roach
13. Modern Death: How Medicine Changed the End of Life – Haider Warraich
14. Death's Acre: Inside the Legendary Forensic Lab the Body Farm Where the Dead Do Tell Tales – William M. Bass
15. The Emperor of All Maladies: A Biography of Cancer – Siddhartha Mukherjee
16. Death to Dust: What Happens to Dead Bodies – Kenneth V. Iserson

Written by a dying person

1. The Unwinding of the Miracle – Julie Yip Williams
2. When Breath Becomes Air – Paul Kalanithi
3. Being Mortal – Atul Gawande
4. Proof of Heaven: A neurosurgeon's journey into the afterlife – Eben Alexander
5. Drop by Drop – Judy Croome
6. Dying: A Memoir – Cory Taylor
7. The Undying – Anne Boyer
8. Everything Happens for a Reason: And Other Lies I've Loved – Kate Bowler
9. Salt In My Soul: An Unfinished Life – Mallory Smith
10. The Bright Hour: A Memoir of Living and Dying – Nina Riggs
11. Napkin Notes – Garth Callaghan
12. Until I Say Goodbye: My Year of Living With Joy – Susan Spencer-Wendel
13. The Cancer Journals – Audre Lorde
14. The End of Your Life Book Club – Will Schwalbe
15. The Crossover Experience: Life After Death / A New Perspective – DJ Kadagian
16. Never Say Invisible: a Memoir of Living and Being Seen with ALS – Jeremy Schreiber
17. And Finally: Matters of Life and Death – Henry Marsh
18. The Undying – Anne Boyer
19. Chasing Daylight: How My Forthcoming Death Transformed My Life – Eugene O'Kelly
20. The Last Lecture – Randy Pausch
21. Holding Tight, Letting Go – Sarah Hughes

22. How to Live When You Could Be Dead – Deborah James

Fiction - where death is a character

1. Mort – Terry Pratchett
2. The Book Thief – Markus Zusak
3. Gods of Jade and Shadow – Silvia Moreno-Garcia
4. Death with Interruptions – Jose Saramago
5. Grave Mercy – Robin LaFevers
6. A Dirty Job – Christopher Moore
7. On a Pale Horse – Piers Anthony
8. Deathless – Catherynne M. Valente
9. The Company of Death – Elisa Hansen
10. The Tiger's Wife – Téa Obreht
11. The End Specialist – Drew Magary
12. A Semi-Definitive List of Worst Nightmares – Krystal Sutherland
13. My Soul to Take – Rachel Vincent
14. Inbetween – Tara A. Fuller
15. Croak – Gina Damico
16. The Grief Keeper – Alexandra Villasante
17. Under the Whispering Door – TJ Klune
18. If Cat's Disappeared from the World – Genki Kawamura
19. Molly Molloy and the Angel of Death — Maria Vale

A queered death-related perspective

1. LGBTQ-Inclusive Hospice and Palliative Care – Kimberly Acquaviva
2. it was never going to be ok – jaye simpson
3. You Better Be Lightning – Andrea Gibson
4. Grief Map – Sarah Hahn Campbell
5. The Light Streamed Beneath It: A Memoir of Grief and Celebration – Shawn Hitchins
6. No Proper Grief: A journey of loss & resilience – Jakob Franzen
7. A Quilt for David – Steven Reigns
8. Queer Necropolitics – Edited By Jin Haritaworn, Adi Kuntsman, Silvia Posocco
9. Angels in America — Tony Kushner (stage play)
10. Under the Whispering Door – TJ Klune
11. Queering Acts of Mourning in the Aftermath of Argentina's Dictatorship: The Performances of Blood – Cecilia Sosa
12. Rebellious Mourning: The Collective Work of Grief – Cindy Milstein, ed.
13. The Dark Eclipse – A.W. Barnes
14. Contemplative Caregiving: Finding Healing, Compassion, and Spiritual Growth Through End-of-Life Care – John Eric Baugher
15. Partnered Grief: When Gay and Lesbian Partners Grieve Paperback – Harold Ivan Smith & Joy Johnson

Written by a griever

1. A Very Easy Death – Simone de Beauvoir
2. Men We Reaped: A Memoir – Jesmyn Ward
3. The Way Through the Woods – Long Litt Woon
4. The Year of Magical Thinking – Joan Didion
5. Crying in H Mary – Michelle Zauner
6. From Scratch: A Memoir of Love, Sicily, and Finding Home – Tembi Locke
7. Shattered by Grief: Picking Up the Pieces to Become Whole Again – Claudia Coenen
8. Let's Take the Long Way Home – Gail Caldwell
9. The Long Goodbye – Meghan O'Rourke
10. The Mercy Papers – Robin Romm
11. The Iceberg – Marion Coutts
12. I'm Glad My Mom Died – Jennette McCurdy
13. Sweet Sorrow – Mark Wakely
14. Grief Healed: A Physician's Guide to Dealing with Grief and Thriving – Sona Bhatnagar
15. Driven: A White-Knuckled Ride to Heartbreak and Back – Melissa Stephenson
16. The Final Gift of the Beloved – Barron Steffen
17. Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief – Joanne Cacciatore
18. Comforting Thoughts About Death That Have Nothing to Do with God – Greta Christina
19. Notes for the Everlost: A Field Guide to Grief – Kate Inglis
20. It's OK to Laugh (crying is OK too) – Nora McInerney Purmort
21. Widowed Parents Unite – Jenny Lisk, ed.
22. Finding the Words – Colin Campbell

Death care / grief care academic journal

1. OMEGA - Journal of Death and Dying
2. Death Studies Journal
3. The Collective for Radical Death Studies Canon (see [website](#))
4. lambda nordica
5. Journal of Pain and Symptom Management
6. Markers – the scholarly journal of the Association for Gravestone Studies
7. Thanatological Studies
8. Whatever. A Transdisciplinary Journal of Queer Theories and Studies; Queer thanatologies issue summer 2021.
9. Illness Crisis & Loss: SAGE Journals
10. Journal of Loss and Trauma
11. Journal of Personal and Interpersonal Loss
12. Mortality
13. Journal of Historical Sociology (selected issues)
14. Progress in Palliative Care

15. Readings in Aging and Death: A Contemporary Perspective

A book about ethical wills

1. For You When I Am Gone: A Journal: A Step-By-Step Guide to Writing Your Ethical Will – Steve Leder
2. Ethical Wills: Putting Your Values on Paper – Barry K. Baines
3. Ethical Wills: A Modern Jewish Treasury – Jack Reimer & Nathaniel Stampfer
4. So That Your Values Live on: Ethical Wills and How to Prepare Them – Jack Riemer
5. SO GROWS THE TREE - Creating an Ethical Will - The legacy of your beliefs and values, life lessons and hopes for the future – Jo Kline Cebuhar
6. Hebrew Ethical Wills: Selected and Edited by Israel Abrahams, Volumes I and II – Israel Abrahams
7. The Wealth of Your Life: A Step-by-Step Guide for Creating Your Ethical Will – Susan B. Turnbull
8. Women's Lives, Women's Legacies: Creating Your Own Ethical Will – Rachael Freed
9. Passing Your Heritage on: A Guide to Writing Your Ethical Wills – Sharon Foltz
10. Legacy: An Ethical Will Through Life Stories – Barbara Mark-Dreyfuss
11. Life Is a Fountain: My Ethical Will – Michael F. Butchin
12. I Wish You Happiness: A Guide for Creating Ethical Wills for the People You Love – Lynda Fisher
13. A Dialogue with My Soul: The Creation of an Ethical Will – Roger Mahloch

Written by and about PGM grieving and dying

1. Black Widow – Leslie Gray Streeter
2. Black Grief / White Grievance: The Politics of Loss – Juliet Hooker
3. Dear Memory: Letters on writing, silence, and grief – Victoria Chang
4. Grief Is Love: Living with loss – Marisa Renee Lee
5. Grieving While Black: An antiracist take on oppression and sorrow – Breeshia Wade
6. Killing the Black Body – Dorothy Roberts
7. One Long Listening: A memoir of grief, friendship, and spiritual care – Chenxing Han
8. The Pain We Carry: Healing from Complex PTSD for People of Color – Natalie Y. Gutiérrez LMFT
9. Passed On: African American Mourning Stories – Karla FC Holloway
10. Postcolonial Grief: The afterlives of the Pacific Wars in the Americas – Jinah Kim
11. Race & the Funeral Profession: What Jessica Mitford Missed – Kami Fletcher
12. Spirit Matters: White Clay, Red Exits, Distant Others – Gordon Henry
13. Time Is a Mother – Ocean Vuong
14. The World Keeps Ending, and the World Goes On – Franny Choi
15. Way of Wakan: Reflections on Lakota spirituality and grief – David J. Mathieu
16. Finding Refuge: Heart Work for Healing Collective Grief – Michelle Cassandra Johnson

17. My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies – Resmaa Menakem MSW, LICSW, SEP
18. Embracing Grief – Sobonfu Somé
19. The Color of Hope: People of Color Mental Health Narratives – Iresha Picot
20. Black Pain: It Just Looks Like We're Not Hurting – Terrie Williams
21. For Brown Girls with Sharp Edges and Tender Hearts – Prisca Dorcas Mojica Rodríguez
22. Black Fatigue: How Racism Erodes the Mind, Body, and Spirit – Mary-Frances Winters
23. Voices from the Ancestors: Xicanx and Latinx spiritual expressions and healing practices – Lara Medina (Editor); Martha R. Gonzales (Editor)
24. So Much I Want to Tell You: Letters to My Little Sister – Anna Akana