



Jane Brody's Guide to the Great Beyond: A Practical Primer to Help You and Your Loved Ones Prepare Medically, Legally, and Emotionally for the End of Life

By Jane Brody

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From the beloved *New York Times* columnist, trusted authority on health, and bestselling author comes this complete guide to everything you need to know—emotionally, spiritually, and practically—to prepare for the end of life.

An invaluable road map to putting your affairs in order—or helping your loved ones do the same—this comprehensive book will answer every question you might have about what does and does not help smooth the transition between life and the Great Beyond. Wise, practical, and characteristically straightforward throughout, Brody advises on

- the intricacies of a well-thought-out (and fully spelled-out) living will that health care practitioners readily understand—and how to designate a health care proxy.
- planning a funeral or memorial to ensure your wishes are followed, including tips on how to reduce expenses.
- discussing prognoses and treatment options with doctors.
- your options for controlling pain, shortness of breath, bed sores, and other physical symptoms—plus the facts on feeding tubes.
- receiving the support you need through hospice care—and suggestions for loved ones and friends who want to help.
- lightening and enlightening your trials by incorporating spirituality into your life.
- understanding what happens, physically and mentally, when death is imminent, and recognizing when hand-holding and reassurance, not food or drink or an oxygen mask or CPR, is the proper course of action.
- easing your way through the journey of grief by admitting the reality of the loss, showing your emotions, and allowing yourself the time you feel you need.

No matter your age or current health, preparing for the inevitable when you are

still fully in control of your faculties ensures that you'll be in a far better position to enjoy the time you have left. As Brody notes, "From the start, consider the finish."

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Editorial Review

From Publishers Weekly

Starred Review. In her inimitably straightforward, informative and intelligent manner, *New York Times* health columnist Brody (*Jane Brody's Good Food Book*) gives pragmatic direction to a concerned yet reluctant readership in this essential travel guide for the journey toward the inevitable. In pointing out that there is a difference between sensibly learning to accept death and surrendering, she reminds us that our attitude about living colors our approach to death. Thoroughly outlining all attendant demands and details for facing one's end, Brody provides facts and support for families and patients, and makes it appear entirely possible to go with grace. With bulleted lists itemizing what needs to be done and how to do it, short portraits and anecdotes throughout, Brody covers the importance of preparation; the necessity of an advance directive and why a living will is not enough; funeral plans; living with a bad prognosis and dealing with uncertainty; caregiving; hospice; communicating with doctors; assisted dying; organ donation and autopsy; and legacies. An instructive, inspiring and reassuring work full of compassion and humor (along with several cartoons from various *New Yorker* illustrators), this volume belongs on every family's bookshelf. (*Jan.*) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

Advance praise for Jane Brody's Guide to the Great Beyond

"We're all going to die some day, so we might as well do it right. Jane Brody, a master of information and storytelling, does that in her wonderful and enjoyable new book. This is for everyone who doesn't like the subject—and for everyone else as well. "

—**Betty Rollin, author of *Last Wish* and *Here's the Bright Side***

"Jane Brody teaches us how to go smartly into the good night, holding our loved one's hands, heads held high."

—**Dan Shapiro, Ph.D., Arnold P. Gold Professor of Medical Humanism, Penn State College of Medicine**

"I didn't think it could be done, but then Jane Brody has always accomplished the impossible—she has demystified and given us real control over the thing we fear the most. This book is a gift to all her fellow humans."

—**Diane E. Meier, M.D., director, Center to Advance Palliative Care, Mount Sinai School of Medicine**

"This is more than a 'primer.' It is a must-read for anyone dealing with his or her own end-of-life issues or those of a loved one. Brody leads us on a journey we would rather not take by explaining things we would rather not think about—with compassion, caring, and an understanding that death is an inevitable part of life for which we must prepare."

—**William D. Novelli, CEO, AARP**

"At long last we have a comprehensive, humane book about end-of-life care. This is not a 'pop' book but rather a thoughtful, science-based, honest discussion of a topic people want to avoid—and do so at their own risk. While it is facile to speak of a 'good death' it is all too easy to mis-plan and end up experiencing a bad one."

—**Robert N. Butler, M.D., president and CEO, International Longevity Center**

About the Author

Jane Brody writes a weekly personal health column for *The New York Times*, which is syndicated in scores of other newspapers around the country. She is the author of several books, including *Jane Brody's Good Food Book*, *Jane Brody's Nutrition Book*, and *Jane Brody's Good Seafood Book*. She has also written many magazine articles and frequently lectures on health issues to audiences both lay and professional. She has appeared on hundreds of radio and television shows and has received numerous prestigious awards for journalistic excellence.

Users Review

From reader reviews:

Brandon Huff:

This Jane Brody's Guide to the Great Beyond: A Practical Primer to Help You and Your Loved Ones Prepare Medically, Legally, and Emotionally for the End of Life book is simply not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is actually information inside this publication incredible fresh, you will get information which is getting deeper you read a lot of information you will get. This kind of Jane Brody's Guide to the Great Beyond: A Practical Primer to Help You and Your Loved Ones Prepare Medically, Legally, and Emotionally for the End of Life without we comprehend teach the one who studying it become critical in thinking and analyzing. Don't possibly be worry Jane Brody's Guide to the Great Beyond: A Practical Primer to Help You and Your Loved Ones Prepare Medically, Legally, and Emotionally for the End of Life can bring when you are and not make your case space or bookshelves' turn out to be full because you can have it in your lovely laptop even cell phone. This Jane Brody's Guide to the Great Beyond: A Practical Primer to Help You and Your Loved Ones Prepare Medically, Legally, and Emotionally for the End of Life having excellent arrangement in word in addition to layout, so you will not really feel uninterested in reading.

Gail Tate:

Nowadays reading books be than want or need but also turn into a life style. This reading addiction give you lot of advantages. The benefits you got of course the knowledge the rest of the information inside the book that improve your knowledge and information. The information you get based on what kind of guide you read, if you want get more knowledge just go with training books but if you want sense happy read one with theme for entertaining such as comic or novel. The particular Jane Brody's Guide to the Great Beyond: A Practical Primer to Help You and Your Loved Ones Prepare Medically, Legally, and Emotionally for the End of Life is kind of book which is giving the reader unpredictable experience.

Anthony Brown:

People live in this new time of lifestyle always make an effort to and must have the time or they will get wide range of stress from both everyday life and work. So , once we ask do people have spare time, we will say absolutely indeed. People is human not really a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to a person of course your answer can unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative with spending your spare time, the particular book you have read will be Jane Brody's Guide to the Great Beyond: A Practical Primer to Help You and Your Loved Ones Prepare Medically, Legally, and Emotionally for the End of Life.

Steven Strong:

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