

With the End in Mind: Dying, Death, and Wisdom in an Age of Denial

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For readers of Atul Gawande and Paul Kalanithi, a palliative care doctor's breathtaking stories from 30 years spent caring for the dying.

Modern medical technology is allowing us to live longer and fuller lives than ever before. And for the most part, that is good news. But with changes in the way we understand medicine come changes in the way we understand death. Once a familiar, peaceful, and gentle -- if sorrowful -- transition, death has come to be something from which we shield our eyes, as we prefer to fight desperately against it rather than accept its inevitability.

Dr. Kathryn Mannix has studied and practiced palliative care for thirty years. In *With the End in Mind*, she shares beautifully crafted stories from a lifetime of caring for the dying, and makes a compelling case for the therapeutic power of approaching death not with trepidation, but with openness, clarity, and understanding. Weaving the details of her own experiences as a caregiver through stories of her patients, their families, and their distinctive lives, Dr. Mannix reacquaints us with the universal, but deeply personal, process of dying.

With insightful meditations on life, death, and the space between them, *With the End in Mind* describes the possibility of meeting death gently, with forethought and preparation, and shows the unexpected beauty, dignity, and profound humanity of life coming to an end.

Dr. Kathryn Mannix is a physician specializing in palliative care, and a cognitive behavior therapist (CBT). She has run palliative care services in community, hospice, and large hospital settings. She is passionate about public education, and has provided CBT skills training to palliative care and oncology professionals. "With sometimes unsettling detail, admirable empathy and a sprinkling of humor, Dr. Mannix imparts valuable lessons for anyone who faces the loss of a family member or a personal reckoning with impending demise."-The Wall Street Journal

"With the End in Mind is one of the loveliest books I've ever read. It's part memoir and part self-help manual, part practical advice and part professional credo. Mannix's compassion is bottomless and her scrupulousness unimpeachable."-Bookforum

Other Books

Kingdom Stories. Stories are at the heart of how God's kingdom is revealed both in scripture and in contemporary church ministry. This volume draws on these kingdom stories to extend the conversation between practical theology and contemporary organizational studies. Responding to the huge increase in interest in leadership and organisational theory as a means to understanding ministry, Vaughan S. Roberts shows how a more qualitative, story-led approach to thinking about leadership can offer a valuable perspective on ministry for both individuals and churches.

□ □ □ □ □ . Mannix, Kathryn, 2017. *With the End in Mind : Dying , Death and Wisdom in an Age of Denial* , London: William Collins. Manson, T. W., 1949, *The Sayings of Jesus*, London: SCM Press. Marsh, Clive and Steve Moyise, 2015, *Jesus and the Gospels: ...*"