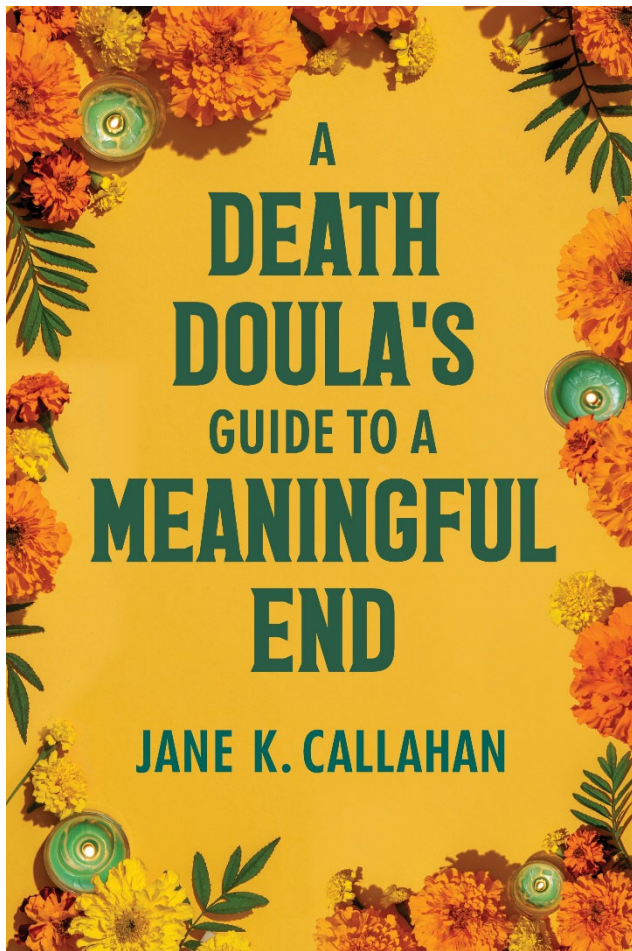


# A DEATH DOULA'S GUIDE TO A MEANINGFUL END

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***Weaves together heartfelt stories, hard-earned wisdom, and honest reflections on mortality to help us face death with courage and preparedness.***



**Most people don't know how to have a "good death"—but Jane Callahan does.** As an end-of-life doula, Jane supports terminally ill clients and their families through all stages of dying, from end-of-life planning to the moment of death and the grief that follows. She has spent years witnessing how our culture's resistance to talking about death leads to preventable suffering.

In *A Death Doula's Guide to a Meaningful End*, Jane peels back the curtain on one of our most taboo subjects and walks readers through various journeys of the dying. **With vignettes that weave through patients' lives—and her own—she reveals to readers all the things they didn't know (or didn't know they needed to know) about our last great adventure.** Along the way,

readers will uncover knowledge on the raw realities of being mortal and how radical acceptance of the human condition can help us improve our deaths and lives.

Surprisingly funny and often cutting, the book avoids absolutist advice, instead depicting how we live our lives in shades of gray—and how some questions don't always need answers. **This account of Jane's up-close-and-personal experiences with the emotional, physical, logistical, and (dare we say) spiritual aspects of dying shows that when we talk about death, we're actually talking about life.**

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## About the Author



**Jane Callahan** has been a death doula for seven years, initially completing training with the International End-of-Life Doula Association (INELDA). She holds a certificate in end-of-life planning from the University of Vermont's Larner College of Medicine and is also certified by the National End-of-Life Doula Alliance (NEDA). She has worked with four hospices in two states, and currently volunteers with Transitions LifeCare hospice in Durham, North Carolina. As an active member of the death care community in North Carolina, she speaks about

the value of, and need for, end-of-life doula work at different events and venues. Callahan holds an MA in English and has been published in PBS's *Next Avenue*, *Raleigh News & Observer*, *Commercial Observer*, *Reno News & Review*, and *Next City*. Visit her online at [www.janekcallahan.com](http://www.janekcallahan.com).