



Death Doula Jas

Books, Podcasts, Articles

In no particular order, just tons of good reads on life, death, grief, coping, and healing. I do not receive any compensation for any of the titles listed, these are just tools that have helped me along my journey.

Briefly, Perfectly, Human by Alua Arthur - purchase [here](#)

The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief by Fracis Weller - purchase [here](#)

Being Mortal: Medicine and What Matters in the End by Atul Gawande - purchase [here](#)

Dying Well: Peace and Possibilities at the End of Life by Ira Byock - purchase [here](#)

The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma by Bessel Van Der Kolk - read [here](#)

At The Time of Death: Symbols and Rituals for Caregivers and Chaplains by David L. Bieniek - purchase [here](#)

Death Nesting: The Heart-Centered Practices of a Death Doula by Anne-Marie Keppel - purchase [here](#)

Dying to Be Me: My Journey from Cancer, to Near Death, to True Healing by Anita Moorjani - purchase [here](#)

In Case You Get Hit By a Bus: How to Organize Your Life Now for When You Are Not Around Later by Abby Schneiderman and Adam Seifer - purchase [here](#)

On Death and Dying by Elizabeth Kubler-Ross - purchase [here](#)

The Lost Art of Dying: Reviving Forgotten Wisdom by L.S Dugdale, MD - purchase [here](#)

When Breath Becomes Air by Paul Kalanithi - purchase [here](#)

Ritual: Power, Healing, Community by Malidoma Patrice Some - purchase [here](#)

From Here to Eternity by Caitlin Doughty - purchase [here](#)

Facing Death and Finding Hope: A Guide for the Emotional and Spiritual Care of the Dying
by Christine Longaker - purchase [here](#)