

Buddhist books and other resources on death, dying and end-of-life care

Author	Title	Publisher	Comments
Glassman, Bernie	Bearing Witness	Harmony/ Bell Tower	Very good steps towards being with others' pain
Mannix, Kathryn	With the End in Mind	Little, Brown, Spark	Book by palliative care physician - more than 30 years' experience. Amazing communication skills with patients. Skills to listen with all senses, when to speak and when not to speak. She considers the words of the dying to be gifts, and her responses clearly show this.
Ponlop Rinpoche	Mind beyond Death	Snow Lion	in-depth presentation of the six bardos - excellent
Thompson, Evan	Waking, Dreaming, Being: Self and Consciousness in Neuroscience, Meditation, and Philosophy	Columbia University Press	For the more academically oriented. Brilliant look at how the sense of self transitions into all manner of bardo states, w one especially compelling chapter on the bardo teachings, in particular
Tulku Thondup	Peaceful Death, Joyful Rebirth	Shambhala	A rare rendering of the Tibetan view of Pure Lands, and the Delog phenomenon
Barbara Karnes, RN	Gone from My Sight (End of Life Guideline Series)	BK Books	A short booklet from a hospice nurse that gives a general guideline of the physical dying experience from several months out to the days, hours, and final minutes of a person's life.
Bernhard, Toni	How to Be Sick: A Buddhist-Inspired Guide for the Chronically Ill and their Caregivers	Wisdom Publications	Bernard, a law professor, found herself with a worsening debilitating illness that could not be diagnosed. Details her struggles with her situation, how she used Buddhist teachings to "be" with her illness and find peace, even happiness. Helpful in dealing with a minor illness as well.
Blackman, Sushila	Graceful Exits: How Great Beings Die	Shambhala	Recounts how 108 Buddhist teachers confronted their deaths. "A magical little volume. It reveals w simplicity and lucidity how wise and compassionate living leads to a wise and compassionate death."
Callanan, Maggie; Kelley, Patricia	Final Gifts	Simon & Schuster	Written by two hospice nurses. Offers insights into understanding needs & communication of the dying. The dying communicate needs & feelings in ways that are often misinterpreted; the authors offer special listening skills to address these situations.
Chagdud Tulku	Life in Relation to Death	Padma Publishing	Very short (31 pages), yet profound, guide to death & dying. Can be read when there is not much time. New edition contains legal forms relating to one's wishes for one's death.
Chogyi Nyima Rinpoche	Medicine & Compassion		
Dalai Lama	Advice on Dying		There are also several talks on YouTube by the Dalai Lama on Dying, Death, and Bereavement
DeLeo, Kirsten	Present Through the End: A Caring Companion's Guide for Accompanying the Dying	Shambhala	Down-to-earth advice and simple practices to help any caring companion who accompanies the dying.
Dzongsar Khyentse Rinpoche	Living is Dying: How to Prepare for Death, Dying, and Beyond	Shambhala	"So straightforward!" He describes each stage of the dying process, gives practical advice of how to guide the person through the bardos.
Francesca Fremantle	Luminous Emptiness: Understanding the Tibetan Book of the Dead		
Gehlek Rinpoche	Good Life, Good Death		
Guy Newland	A Buddhist Grief Observed		
Halifax, Joan Roshi	Being with Dying	Shambhala	A great book for using as a teaching tool for anyone supporting someone with a life-limiting illness. A helpful book. Wonderful exercises to help us work with our minds. Tonglen & melting the armor around our hearts.
Hoblitzelle, Olives Ames	Ten Thousand Joys & Ten Thousand Sorrows	Tarcher Perigree	Written by wife of man diagnosed w Alzheimer's. Story of their journey together. Her husband, Hob, had been a professor of literature, but gave that up to become a meditation teacher under the auspices of Thich Nhat Hahn. This is a story of courage and love - offers insights on living with Alzheimer's
Holecek, Andrew	Preparing to Die	Snow Lion	compendium of practical and spiritual guidance for end-of-life
Hookham, Shenpen Lama	There's More to Dying Than Death: a Buddhist Perspective	Windhorse Publications	Excellent book which covers everything from the Buddhist perspective on death, to the power of meditation, the stages of dying, relating to your own mind at time of death. Advice - if you're feeling fear when dying, don't struggle. Don't think because you're a Buddhist, you're not supposed to be afraid. Be with the fear - that will enable you to be present as you transition into death.
Joan Halifax	Standing at the Edge		
Koshin Paley Ellison and Matt Weingast (eds.)	Awake at the Bedside: Contemplative Teachings on Palliative and End-of-Life Care		
Levine, Stephen	Who Dies?	Anchor	old classic, tender, tough - gritty and inspiring
Lief, Judith	Making Friends with Death: A Buddhist Guide to Encountering Mortality	Shambhala	Simple but elegant teachings, based on her extensive experience with teaching "The Psychology of Birth and Death," course based on the TBD, as well as her hands-on work with dying people.
Linda Hochstetler	21 Days to Die		

Longaker, Christine	Facing Death and Finding Hope: A Guide to the Emotional and Spiritual Care of the Dying	Main Street Books	Christine Longaker - hospice director and international trainer, she helped establish the Naropa "Contemplative End of Life Care" program. Buddhist. "Her views span all religious traditions,"
Mingyur Rinpoche	In Love with the World: A Monk's Journey through the Bardos	Random House	"One of the most inspiring books I've ever read." Pema Chödrön
Mullen, Glenn, trans.	Death and Dying: The Tibetan Tradition	Arkana	Collection of texts, accounts, and teachings. Includes bardo teachings other than the TBD. A valuable complement to the TBD.
Ostataseki, Frank	The Five Invitations	Flatiron Books	Filled with dharma but not so much dharma language. Frank recounts his experiences w patients at Zen Hospice, and his personal journey through abuse and illness. His five invitations are: "Don't Wait," "Welcome Everything, Push Away Nothing," "Bring Your Whole Self to the Experience," "Find a Place of Rest in the Middle of Things," and "Cultivate Don't Know Mind." It is a treasure.
Padmasambhava, commentary by Gyatrul Rinpoche, trans. by B. Alan Wallace	Natural Liberation (out of print - but sometimes copies become available)	Wisdom (available only on Kindle at present)	translation & commentary w practices & exercises of sections from same cycle as Tibetan Book of the Dead - excellent
Padmasambhava; Gyurme Dorje, trans.	The Tibetan Book of the Dead: First Complete Translation	Viking	Comprehensive translation for serious immersion and study. Contains all chapters not included in other translations of the TBD. Most complete treatment in English.
Pema Chodron	Embracing the Unknown: Life Lessons from the Tibetan Book of the Dead		
Reynolds, John Myrdhin	Self-Liberation Through Seeing with Naked Awareness	Snow Lion	Chapter 4 from the TBD, presenting the view & pith instructions that are the basis of the bardo teachings. Includes an insightful review & critique by Reynolds on views of Dzogchen put forth by Evans-Wentz and C.G. Jung in the first English translation of the TBD.
Sogyal Rinpoche	The Tibetan Book of Living and Dying		
Stephen Levine	Meetings at the Edge: Dialogues with the Grieving and the Dying, the Healed and the Healed		
Stephen Levine	Unattended Sorrow		
Thich Nhat Hahn	No Death, No Fear: Comforting Wisdom for Life	Riverhead Hardcover	Teaching on death as a concept, based on foundational Buddhist teachings.
Thrangun Rinpoche	Journey of the Mind: Putting the Teachings on the Bardo into Effective Practice	Karme Thekchen Choling (out-of- print - available as a PDF)	A short, succinct, & practical look at all three death bardos. Note: This book is available as a PDF to download for \$1.25 from Namo Buddha Publications: https://namobuddhapub.org/zc/index.php?main_page=advanced_search_result&search_in_description=1&keyword=Journey+of+the+Mind
Tiso, Francis V.	Rainbow Body and Resurrection: Spiritual Attainment, the Dissolution of the Material Body, and the Case of Khenpo A Cho	North Atlantic Books	A tour-de-force of scholarship w mind- bending insights into the origins of Dzogchen, the Shroud of Turin, and rainbow body
Tulku Thondup	Boundless Healing		The story of Mingyur Rinpoche's 4-year wandering retreat, during which he nearly died - and tells the process.
Other Resources and items of interest			
adapted by Jean- Claude van Italie	The Tibetan Book of the Dead for Reading Aloud	North Atlantic Books	van Italie was a student of Trungpa Rinpoche's. He adapted parts of the TBD as poems to be read in a play. They would be suitable for reading to someone who is dying or for oneself. The photographs in the book are lovely as well.
Anderson, Laurie	Heart of a Dog	(can be rented on Amazon)	A meditation on love and loss - her mother, her beloved dog, her husband, Lou Reed. Review in the New York Times by Manohla Dargis gives the flavor: https://www.nytimes.com/2015/10/21/movies/review-heart-of-a-dog-laurie-andersons-meditation-on-loss.html
Anderson, Laurie Tenzin Choegyal Jesse Paris Smith	Songs from the Bardo	Smithsonian Folkways	We played the song-poem "Listen without Distraction" in the first session of the Luminous Emptiness class. If you like Laurie Anderson, it is very beautiful.
Atul Gawande	Being Mortal		
David Servan-Schreiber, M.D.	Not the Last Goodbye		
Ira Byock, M.D.	Dying Well		
Ira Byock, M.D.	The Four Things That Matter Most		
Kathleen Dowling Singh	The Grace in Dying: A Message of Hope, Comfort, and Spiritual Transformation		
Kathy Kortez-Miller	Talking About Death Won't Kill You: The essential guide to end-of-life conversations		
Leary, Timothy	The Psychedelic Experience: A Manual Based on the Tibetan Book of the Dead	Citadel	Leary uses the TBD as a way to guide psychedelic journeys. Reading through the table of contents on Amazon, it's quite illuminating to see what he saw. If anyone tries it, let us know .

Lorraine Hedtke and John Winslade	Re-membering Lives: Conversations with the Dying and the Bereaved		
Marie de Hennezel	Intimate Death: How the Dying Teach Us to Live		