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SUICIDE An Unnecessary Death *An Unnecessary Death* **Julia's Story** *An Unnecessary Death Index* The Totally Unnecessary Death of Amanda Dawn *The Application of the Unnecessary Death Index to Missouri* Suicide Unnecessary Death Murder by Health Proxy **Unnecessary Roughness: Til Death Do Us Part...** *The Last Goodnights* **Mama Sango Suffer Less in Death** The Crime of Dorothy Sheridan **Unnecessary Sorrow: A Journalist Investigates the Life and Death of His Older Brother** **Ordained, Discarded, Slain by Police** *The Gentle Art of Swedish Death Cleaning* **Undercover Epicenter Nurse Suicide Sacred Grief** *Suicide from a Public Health Perspective* **Suffer Less in Death** Assisted Death in Europe and America **Death by Your Own Device** **The Letter from Death** **Introduction to Deaths in 2023** **Sacred Passage** **Zero Kirsty Mister President** *Kisses from the Heart* The Angel of History **Vital and Monetary Losses Due to Preventable Deaths** **Dignified Dying** **Sickness Unto Death** **Preventing Asthma Attacks** *Fatal Journeys* *A Good Life to the End* **The Earth Experiment** *EUTHANASIA AND ASSISTED SUICIDE*

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Approximately one million people worldwide commit suicide each year, and at least ten times as many attempt suicide. A considerable number of these people are in contact with members of the healthcare sector, and encounters with suicidal individuals form a common part of the everyday work of many healthcare professionals. Suicide: An unnecessary death examines the pharmacological, psychotherapeutic, and psychosocial measures adopted by psychiatrists, GPs, and other health-care staff, and emphasizes the need for a clearer psychodynamic understanding of the self if patients are to be successfully recognized, diagnosed, and treated. Drawing on the latest research by leading international experts in the field of suicidology, this new edition provides clinicians with an accessible summary of the latest research into suicide and its prevention. The abundance of new literature can make it difficult for those whose clinical practice involves daily contact with suicidal patients to devote sufficient time to penetrating the research and, accordingly, apply new findings in their clinical practice. In light of the WHO Mental Health Action Plan 2013-2020, this new edition is a timely contribution to the field, and a vital and rapid overview, that will increase awareness of suicide prevention methods.

Man is spirit. But what is spirit? Spirit is the self. But what is the self? The self is a relation which relates itself to its own self, or it is that in the relation [which accounts for it] that the relation relates itself to its own self; the self is not the relation but [consists in the fact] that the relation relates itself to its own self. Man is a synthesis of the infinite and the finite, of the temporal and the eternal, of freedom and necessity; in short, it is a synthesis. An account of the unnecessary death of five-year-old Lisa Sheridan describes how, when little Lisa was stricken with pneumonia, Dorothy Sheridan, a Christian Scientist, denied her daughter medical treatment. Reprint. LJ. PW. AN

UNNECESSARY DEATH by Dean Bentley I was hired by the Department of State the same week I took the Civil Service Exam in Washington, DC. I was promoted and blessed with wonderful years working for some great men. And those brilliant men decided I needed to get into Foreign Service, State Department's Diplomatic Corps, as I had the right temperament and abilities. I thought I understood how diplomats were selected; but I had a lot to learn, because that's when I ran into a truly insane diplomat. That evil man actually caused the death of an outstanding employee of the Department of State; and he knew there were two witnesses to the crime. He would stalk our lives for decades. This is that story. MISTER PRESIDENT is the second book in a triad, the sequel to TALL IS THE PINE. The Sheridan family moves to Texas from Louisiana to escape the expected danger of a civil war. Two generations later, Lucy Sheridan

becomes the bride of Lew Murdoch and Joel is a product of that union. Joel dies a tragic and unnecessary death in the first book. This book continues the story of the Murdoch family. Jennie's love affair with a black youth, Anthony Dodson, dies a slow death. Their love has a difficult time, struggling to survive with all the forces assailing it. Yolonda Brown is a disconcerting factor throughout the story of the Murdochs. Anthony Dodson is a gifted attorney and his success in legal battles leads to a life in politics. He becomes the first black President and on the day of his swearing in, another tragic death occurs. This forebodes the race war in the third book which tears this country apart and threatens to destroy freedoms so vital to the life of the United States and balance of power throughout the world. It is globally agreed that suicide is a preventable and unnecessary death. Suicide is often referred to as a public health concern, but for prevention purposes, it is classified under mental health. Despite a large volume of research, only in recent years has there been an official acknowledgement of the complexity of suicide, but the whole issue of suicide including research, intervention and prevention remains firmly under the control of the mental health act in most Western countries. There is no statistical evidence to support mental illness and depression as the main causes of suicide. How do we comfort and explain to suicide survivors suicide of a loved one having bombarded the society with the fact that suicide is a preventable death? Is it a matter of convenience for all concerned to have something to blame suicide on for our failure to prevent it? As long as we allow politics to govern suicide prevention, the cost of suicide will increase year upon year and cycles in suicide trends will continue their pattern. Prevention starts at home, in school and in the community at the earliest age possible. Against the backdrop of a father's return from the horrors of World War II and the hardships of the Great Depression's Dust Bowl days, Paul Hight and his family take comfort in the routines of family, church, and rural life until a tragic accident shatters their lives. In the search for answers afterward, a decision is made that Paul will become a priest, a priest for life as he and his family believe and the Catholic Church teaches. Yet when mental illness descends on Hight in his late twenties, instead of taking on his burden as it would a priest with cancer or heart disease, the church purges Hight from its priestly ranks. Once again, the world becomes an uncertain, dangerous place, where voices taunt him and visions give orders he feels compelled to follow. While his family keeps Hight from becoming homeless, in the end, their help is not enough to keep him safe. On his own doorstep, Hight is shot and killed in an encounter with police that is seen too often with those struggling with mental illness. Haunted by his oldest

brother's death, journalist Joe Hight turns his Pulitzer-Prize-winning skills on finding the truth about his brother's exit from the priesthood and the breakdowns in the mental health care and criminal justice systems that contributed to his death. He seeks lessons from the senseless death in the hopes that unnecessary sorrow might never happen again. A story of generational abuse of a young boy who becomes a young man, first suffering abuse as a boy and then fighting the inner battle to keep from hurting those around him. Many of the events were experienced or witnessed by the author. Death is a clear-cut objective moment, but the process of dying and the choices we make for our own death and others is a wholly different subject. Not becoming educated on your ability to influence your dying process is leaving that potentially long helpless period to fate. Raw and informative, this book explores the truth and asserts your right to knowledge and your right to say "No" to medical procedures that ultimately only prolong suffering once imminent and inevitable death arrives. What can be done to decrease unnecessary suffering before inevitable death? This suffering is almost always influenced by a fear or lack of acceptance of death. For the most part, the healthcare field cannot stop this pain and suffering because of influences beyond its control, unless you know how to protect yourself. Ultimately, it is up to the patient or their medical guardian to ensure a peaceful and dignified death. It is obvious Vincent cares deeply about your awareness, knowledge, and choices, as well as your control of your body and your own health care. He cares to see your unnecessary fears of this often dark and taboo subject alleviated. His professional and personal caring perspectives come from 21 years of bedside emergency and intensive care nursing in teaching hospitals, followed by 14 more years of advocating for both the dying and the living to pilot their own health care. He takes a look at an otherwise bitterly-avoided subject that we all must face and turns it into a highly informative, easy, and, at times, even a funny read. There is a sweet icing on this normally hard-to-stomach cake known as dying and death: he also has some great input on how not only to stay alive, but to feel more alive. Working with figures all her life Eve Somerset is persuaded to look in to the possibility of 'irregularities' within the Greenway Holder Group of companies. The Inland Revenue don't have any issues and the police cannot get involved in an unofficial capacity, Eve is sceptical but agrees to see what she can find. When the body found in the burnt out remains of a stolen car is identified as the editor of the local newspaper, Bert Foxley, everyone is in shock. The unexpected arrival of James Foxley helps Eve in many ways but also adds to her confusion. The investigation in to Bert Foxleys death is

going nowhere, no motive, no suspect. Eve is getting nowhere fast as she continues to look into the workings of Greenway Holder getting more confused by the day. But slowly, inexorably the two events are drawing together. A seemingly unconnected comment from James Foxley and the admission that his brother had been the recipient of a hate campaign that had gone on for years send Eve to the hospital bedside of a long-time acquaintance where she hears a terrible confession. Nothing to do with Bert's death, she is assured. The problems at Greenway Holder and Eve's conclusions are handed over to the police and in attempt to help keep an eye on the Greenway Holder staff possibly involved, Eve makes a startling discovery that provides the police with both motive and suspect for the murder of the newspaper editor. The trial of the accused, which should be straight forward and uncomplicated, proves to be anything but. A Not Guilty plea and the arrival of a hot-shot, media savvy defence barrister and the revelations that follow turn the justice system upside down. It's said you can't get away with murder.....Don't you believe it! This book describes the way assisted death -- physician-assisted suicide and/or voluntary euthanasia - functions in the Netherlands, Belgium, Switzerland and the state of Oregon - and states the lessons that can be drawn from this experience. Working as an emergency room nurse, Margaret Coberly came in contact with death on a daily basis. However, it wasn't until her own brother was diagnosed with terminal cancer that she realized she understood very little about the emotional and spiritual aspects of caring for the terminally ill. To fill this gap she turned to the unique wisdom on death and dying found in Tibetan Buddhism. In this book Coberly offers sound, practical advice on meeting the essential needs of the dying, integrating stories from her long career in nursing with useful insights from the Tibetan Buddhist teachings. In the West, death is viewed as a tragic and horrible event. Coberly shows us how this view generates fear and denial, which harm the dying by adding unnecessary loneliness, confusion, and mental anguish to the dying process. Tibetan Buddhism focuses on the nature of death and how to face it with honesty, openness, and courage. In this view, death is not a failure, but a natural part of life that, if properly understood and appreciated, can offer the dying and their loved ones an opportunity to gain valuable insight and wisdom. Coberly argues that the Tibetan Buddhist outlook can be a useful antidote to the culture of fear and denial that surrounds death in the West and can help caregivers become more fully present, fearless, honest, and compassionate. Sacred Passage highlights two very practical teachings on death and dying from the Tibetan Buddhist tradition and presents them in clear, nontechnical language. Readers learn

about the "eight stages of dissolution leading to death," a detailed roadmap of the dying process that describes the sequence of physical, psychological, and spiritual changes that occur as we die. Coberly also presents the "death meditation," a contemplative exercise for developing a new relationship to death—and life. The book also includes a lengthy, annotated list of recommended readings for added guidance and inspiration. Topics include:

- How the terminally ill can experience emotional and spiritual healing even when they can't be cured
- Why Western medicine's relentless focus on curing disease has led to inadequate care for the dying
- What to expect during the dying process
- How our fear and denial of death harm the dying
- Techniques to help caregivers promote a peaceful environment for the dying and their loved ones
- How to meet the changing physical and emotional needs of the dying
- Helpful advice on what to say and how to behave around the terminally ill

Societies are based on the principle of the inalienable right to life, and indeed States have a duty to preserve life. Euthanasia is based on a human principle: to shorten the unnecessary suffering of the person undergoing a process of terminal deterioration. Of course, different cultures and different bodies of law have different assessments of the subject. The right to assisted suicide or to a so-called "dignified death" generates debates: those in favor ask why, if each person has the freedom to make decisions about his or her own life, the most important decision of all is prevented in a final phase. Those who are against it postulate the deviations that its legalization would provoke: for example, the disinvestment or even elimination of palliative care, considered as an unnecessary expense, and the possible helplessness of a patient in the care of a family overcome by suffering. It is even argued that there is a contradiction between euthanasia and physicians' Hippocratic oath. This book is a self help book for parents of kids with asthma or adult asthma sufferers that not only help reduce office visits and medication but can also help patients have a better quality of life and actually prevent an unnecessary death. There are 5000 deaths attributed to asthma attacks each year, most of them could have been prevented or self treated effectively. Part of the Dr. Guide Book series: Th

Some things to think about:

- * Have you ever wondered if we are alone in the universe?
- * Is there only one universe?
- * Nothing has really changed since humans inhabited the earth.
- * Why is there so much unnecessary death?
- * Is heaven on earth the last step?
- * The image of God--what does God look like?
- * Were Adam and Eve the first humans created by God?

The Letter from Death, with a foreword by Howard Zinn and 20 evocative full-page illustrations by David

Moats, casts a bright light on how our unexamined fear of death has been reinforced and manipulated throughout history. Such manipulation has led to the misdirection of our energies--away from the real and immediate challenges of this world and toward unnecessary war, injustice and self-destruction. Death's philosophical essay, addressed to the whole of humanity, is as poignant as it is polemical. Lillian Moats' latest work is both stylistically daring and politically charged, and will challenge even the most open-minded readers to re-examine the basis of their beliefs about death, life and "human nature." "In many parts of the world, especially the developing countries of the world, thousands of preventable deaths occur on a daily basis. In narrating Mama Sango's tragic, untimely, and unnecessary death, Ben Zama deftly intertwines love, marriage, debauchery, hypocrisy, faith, fortitude, and reward to address the issues of our time in a more practical and somewhat satirical way."--Page 4 of cover.

Murder by Health Proxy is a heart-wrenching novel that is based on a true story. It takes you down a road of disbelief and wonder about a murder. The story allows you to draw your own conclusions as to why someone would intentionally murder the person they supposedly love, for money. It exemplifies how greed and jealousy can cause disregard for human life. The story creates in the reader's mind the aversion that humanity has to death concerning people killing the person they "love" for money. Th 'A thoughtful, serious and well-written book that tackles an immensely important subject' - Observer

How many avoidable deaths are there in the NHS every week? 150. What figure should we aim for? Zero. The NHS is the pride of Britain. It's an army of highly skilled and talented healthcare professionals, armed with the most cutting-edge therapies and medicines, and a budget bigger than the GDP of most countries in the world. Yet avoidable failures are common. And the result is tragic deaths up and down the country every day. Jeremy Hunt, the longest-serving Health Secretary in history, knows exactly what the cost is. In the letters he received from bereaved family members, he was constantly confronted by the heart-breaking reality of slip-ups and mistakes. There is increasing conflict between public pride in the NHS and the exhausted daily reality for many doctors and nurses, now experiencing burnout in record numbers. Waiting lists are up, staffing numbers inadequate, and all the while an ageing population and medical advances increase both demand and expectations. With pressures like these, is it surprising that mistakes start to creep in? This great British institution is crying out for renewal. In *Zero*, taking the broadest approach, thinking through everything from staffing to technology, budgets to culture, Hunt presents a manifesto for that renewal. Mistakes

happen. But nobody deserves to become a statistic in an NHS hospital. That's why we need to aim for zero. Are you ready to discover what lies beyond the ordinary experience of grief? Sacred Grief offers an intriguing exploration of the far-reaching ripple effect of our present-day opinions about surviving grief's emotional roller-coaster and the unnecessary suffering our judgments unconsciously promote. You'll find comfort in discovering that there's another dimension to this universal experience--a dimension that fosters trust, kindness and compassion, peacefully heals, and steadfastly moves you towards your soul's deepest desires and dreams. Praise for Sacred Grief "Because we will all have the experience, Sacred Grief is a compelling guide for everyone searching for the sweetness in life's great passages." --Gregg Braden, author, "The Divine Matrix" and "The God Code" "Sacred Grief is a holy handbook for gleaning the gifts of the journey called grief." --Mary Manin Morrissey, Co-founder, Association for Global New Thought "Sacred Grief is a welcome departure from the conventional advice about 'surviving' grief." --Jill Carroll, Ph.D., Executive Director, Boniuk Center for the Study and Advancement of Religious Tolerance, Rice University "I highly recommend this book to anyone that has experienced any type of loss in their lives and is willing to look at the loss through a different set of eyes. Tessman, in Sacred Grief, will lead the reader to a place of compassion for oneself, create a relationship with his/her own grief, and ultimately create a place of understanding and a healed soul." --Irene Watson, Managing Editor, Reader Views Learn more about this book at www.SacredGrief.com

Another great self-help book from Loving Healing press
www.LovingHealing.com SEL010000 Self-Help: Death, Grief, Bereavement
FAM014000 Family & Relationships: Death, Grief, Bereavement
SOC036000 Social Science: Death & Dying

When Kirsty Jayne Pearce was born full term on February 22, 1986, she weighed just three pounds, twelve ounces. A fighter, Kirsty survived, but she was destined to experience a lifetime of an array of medical issues until her untimely death when she was seventeen years old. In this memoir, Kirsty's father, Charles Pearce, tells her story of courage and stubbornness of her birth in 1986; her baby, toddler, and adolescent years; her loving relationship with her mother, Peggy, father Charles, and her brother Tim; her unnecessary death in August of 2003; and the events that followed her passing. In Kirsty, Charles seeks justice for his daughter, who, he believes, died as a result of inadequate medical care. Kirsty provides a loving remembrance of a girl who suffered much pain in her young life, but who was honest, funny, and brave. More than that, it shows how life can change drastically without

warning. Ray Gilbert isn't someone you would call a "nice guy," but he is a hard-working cardiologist who gives a damn about his job. When Ray starts seeing patients who received medical devices they might not need, he tries to figure out why. Spurned by his superiors and professional societies, Ray turns to Tiffany Springer, an eager but naive newspaper reporter—and Ray's new lover—to tell his story. Her articles gain national acclaim. Ray and Tiffany ride the crest of their success ... until they came to an untimely end with drug overdose as the probable cause of death. What really happened to Tiffany and Ray, and do their deaths have something to do with the unnecessary medical devices? As Ray's mentor, Dr. Philip Sarkis can't help but question the reports. His suspicions lead him to seek the help of his partner and a private investigator. However, as previously proven, digging into medicine's big money is a deadly business. In October 2013, over 400 people lost their lives in two shipwrecks close to the Italian island of Lampedusa. While these two events were highly publicized, sadly they are not isolated incidents; the International Organization for Migration (IOM) estimates that in 2013 and 2014 nearly 6,500 migrants lost their lives in border regions around the world. Because many deaths occur in remote areas and are never reported, counts of deaths fail to capture the full number of lives lost. Despite recognition that actions must be taken to stop more unnecessary deaths, as yet there remains very little information on the scale of the problem. The vast majority of governments do not publish numbers of deaths, and counting lives lost is largely left to civil society and the media. Drawing upon data from a wide range of sources from different regions of the world, *Fatal Journeys: Tracking Lives Lost during Migration* investigates how border-related deaths are documented, who is documenting them, and what can be done to improve the evidence base to encourage informed accountability, policy and practice. Regionally focused chapters present most recent statistics and address a number of key questions regarding how migrant border-related deaths are enumerated. This book gives you the tools to decrease unnecessary suffering before inevitable death by demystifying death and explaining how to make informed choices about today's life-prolonging procedures. A huge majority of people at the end of their lives want to die at home, but only a small number manage to do this. This vital book asks why. Many of us have experienced an elderly loved one coming to the end of their life in a hospital - over-treated, infantilised and, worst of all, facing a death without dignity. Families are being herded into making decisions that are not to the benefit of the patient. Professor Ken Hillman has worked in intensive care since its inception. But he is appalled by the way the ICU has become a place where

the frail, soon-to-die and dying are given unnecessary operations and life-prolonging treatments without their wishes being taken into account. *A Good Life to the End* will embolden and equip us to ask about the options that doctors in hospital should offer us but mostly don't. It lets us know that there are other, gentler options for patients and their loved ones that can be much more sympathetic to the final wishes of most people facing the end of their lives. An invaluable support for the elderly as well as their families, and a rallying cry for anyone who's had to witness the unnecessary suffering of a loved one, *A Good Life to the End* will spark debate, challenge the status quo and change lives. Behavioral Thanatology reveals how human behavior, enables a powerful new conceptualization of death and dying. It is especially relevant to episodes of protracted dying. This book analyzes the unnecessary mistreatment that our traditional cultural practices visit on both the dying and their survivors, and develops new scientifically grounded cultural practices for the conduct of the dying and their survivors, practices that not only avoid abuse but also increase dignity. The article "Introduction to Deaths in 2023" is a commissioned report that investigates the various causes of death that are predicted to occur in the year 2023. The report analyses data from past years to make projections on future trends. The main causes of death identified in 2023 are cancer, heart disease, respiratory illness, diabetes, and accidents. The report attributes the high mortality rate from cancer and heart disease to an aging global population, coupled with an increase in smoking and a sedentary lifestyle. The rise in respiratory illness is attributed to pollution and poor air quality. The report emphasizes the need for lifestyle changes, clean energy sources, and policies that promote a healthy lifestyle to reduce the incidence of disease. The article raises significant challenges that health practitioners, policymakers, and individuals face in tackling the problem of mortality. The report underscores the need for proactive measures to combat smoking, pollution, and unhealthy lifestyles. It also highlights the importance of early detection and treatment of chronic diseases, such as cancer and heart disease, to improve health outcomes. The report concludes by urging governments and individuals to work together to bring about social change in areas such as diet, exercise, and smoking. It highlights the importance of sustained efforts to ensure that people can lead healthy lives and avoid unnecessary deaths. *The basis for the wonderfully funny and moving TV series developed by Amy Poehler and Scout Productions* A charming, practical, and unsentimental approach to putting a home in order while reflecting on the tiny joys that make up a long life. In Sweden there is a kind of decluttering called *döstädning*, *dö*

meaning “death” and städning meaning “cleaning.” This surprising and invigorating process of clearing out unnecessary belongings can be undertaken at any age or life stage but should be done sooner than later, before others have to do it for you. In *The Gentle Art of Swedish Death Cleaning*, artist Margareta Magnusson, with Scandinavian humor and wisdom, instructs readers to embrace minimalism. Her radical and joyous method for putting things in order helps families broach sensitive conversations, and makes the process uplifting rather than overwhelming. Margareta suggests which possessions you can easily get rid of (unworn clothes, unwanted presents, more plates than you’d ever use) and which you might want to keep (photographs, love letters, a few of your children’s art projects). Digging into her late husband’s tool shed, and her own secret drawer of vices, Margareta introduces an element of fun to a potentially daunting task. Along the way readers get a glimpse into her life in Sweden, and also become more comfortable with the idea of letting go.

A gay poet is haunted by war and the AIDs crisis in this “sprawling fever dream of a novel” by the Dos Passos Prize-winning author of *An Unnecessary Woman* (NPR.org). Set over the course of one night in the waiting room of a psych clinic, *The Angel of History* follows Yemeni-born poet Jacob as he revisits the events of his life. His memories take him from his maternal upbringing in an Egyptian whorehouse to his adolescence under the aegis of his wealthy father and his life as a gay Arab man in San Francisco at the height of AIDS. Haunted by an alluring, sassy Satan, who taunts Jacob to remember his painful past, and by dour, frigid Death, who urges him to forget and give up on life, Jacob is also attended to by fourteen saints. With Jacob recalling his life in Cairo, Beirut, Sana’a, Stockholm, and San Francisco, Alameddine gives us a charged philosophical portrayal of a brilliant mind in crisis. This is a profound story that “marks the triumph of memory over oblivion” (Bookforum).

Undercover Epicenter Nurse blows the lid off the COVID-19 pandemic. What would you do if you discovered that the media and the government were lying to us all? And that hundreds, maybe thousands of people were dying because of it? Army combat veteran and registered nurse Erin Olszewski’s most deeply held values were put to the test when she arrived as a travel nurse at Elmhurst Hospital in the epicenter of the COVID-19 pandemic. After serving in Iraq, she was back on the front lines—and this time, she found, the situation was even worse. Rooms were filthy, nurses were lax with sanitation measures, and hospital-acquired cases of COVID-19 were spreading like wildfire. Worse, people who had tested negative multiple times for COVID-19 were being labeled as COVID-confirmed and put on COVID-only floors. Put on

ventilators and drugged up with sedatives, these patients quickly deteriorated—even though they did not have coronavirus when they checked in. Doctors-in-training were refusing to perform CPR—and banning nurses from doing it—on dying patients whose families had not consented to “Do Not Resuscitate” orders. Erin wasn’t about to stand by and let her patients keep dying on her watch, but she knew that if she told the truth, people wouldn’t believe her. It was just too shocking. Willing to go to battle for her patients, Erin made the decision to go deep undercover, recording conversations with other nurses, videos of malpractice, and more. She began to share what she found on social media. Unsurprisingly, she was fired for it. Now, Erin is standing up to tell the whole horrifying story of what happened inside Elmhurst Hospital to demand justice for those who fell victim to the hospital’s greed. Not only must the staff be held accountable for their unethical actions; but also, this kind of corruption must be destroyed so that future Americans are not put at risks. The deaths have to end, and Erin won’t rest until the bad actors are exposed.

Undercover Epicenter Nurse: How Fraud, Negligence, and Greed Led to Unnecessary Deaths at Elmhurst Hospital is a shocking and infuriating inside exposé of the American healthcare system gone wrong. At the same time, it’s the story of a woman who traveled from the small-town streets of Wisconsin, to the battlefields of Iraq, to the mean streets of Queens, on a quest to help fight for her country. With this book, the real battle has begun. A husband and wife, both medical professionals, are gravely ill. Rather than living in pain, they choose to end their lives, and they turn to their son for help. Despite the legal risks and certain emotional turmoil, he agrees - and ultimately performs an act of love more difficult than any other. *The Last Goodnights* provides a unique, powerful, and unflinching look inside the reality of one of the most galvanizing issues of our time: assisted suicide. Told with intensity and bare honesty, John West's account of the deaths of two brave people is gritty and loving, frightening and illuminating, nerve-racking and even, at times, darkly humorous. As West's story places him in one of the most difficult experiences anyone can endure, it also offers a powerful testament to the act of death by choice, and reveals the reasons why end-of-life issues are far too personal for government intrusion. Intimately told, *The Last Goodnights* points out the unnecessary pain and suffering that is often forced upon dying people and their families, and honors the choice to die with purpose and dignity. In the end, this story is not just about death - it is also about love, courage, and autonomy. Little things count a lot, but we all like to believe that we have a good sense of perspective, so we generally pretend that those little things don’t matter.

But it is all those little things that add up. When the little things are not addressed it can turn any circumstance into an enduring, overwhelming heart breaking occasion especially regarding the passing of a loved one. When my mother passed there was so much that needed to be done, so much that needed to be understood, accepted and addressed yet I didn't have the slightest idea where to start. Almost under fire I collected a series of sign posts that guided me from one point to the next and allowed me to keep my sanity and remain peaceful and calm within an environment of despair, sadness and often emptiness. It allowed me to resume my journey and embrace the 'new normal' with hope, courage and happiness. And that is why I called this book, 'Kisses from the heart' because each step, each signpost is exactly that – an acknowledgement to them and to me. For the first time here is a book that can guide you along the path using the necessary sign posts to clear your mind and free it from the unnecessary burden that many carry post death. This book includes :What to do when someone dies, what to arrange outside of funeral and remembrance, how to arrange your condolences, prepare a eulogy, how to accept and understand death, how to cope, what measures you can take to help you grieve more effectively, what steps you can do to move forwards and much, much more. Read on and make the journey more cleansing and peaceful to remember when you will recognise, with gratitude, someone who touched your life like no other.

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