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Healing & the Mind

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3740242 WITH THE END IN MIND: Dying, Death, and Wisdom in an Age of Denial. By Kathryn Mannix. With insightful meditations on life, death, and the space between, Dr. Mannix 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. 214 pages. Da Capo. Pub. at $15.95 $12.95

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★ 3866020 CONTEMPLATIVE CAREGIVING: Final Separation, Closeness & Spiritual Growth Through End-of-Life Care. By John Eric Baughers. The author explains that contemplative caregiving can be a spiritual practice in its own right, a practice that parallels the benefits of mindfulness practice. The book extends the personal level to inspire compassionate shifts in families, hospitals, and into society. 218 pages. Shambhala. Paperbound. Pub. at $19.95 $5.95

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2899468 DIET FOR THE MIND. By Martha Clare Morris. 16 pages of color photos. 274 pages. Little, Brown. Pub. at $28.00 $5.95


2788977 BOTTOM LINE’S GUIDE TO HEALTHY AGING. 250 pages. Bottom Line. Paperback. Pub. at $15.95 $11.95


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