Index

academic and clinical writing on dying: and anger, 101; and depression, 96; focus on suffering, 56; limitations of, x–xi, 2, 7, 12; onlooker's perspective as characteristic perspective of, 7; and relationships, 119; and suffering, 16–17; and waiting for death by dying person, 135, 145; and waiting for death by loved ones, 131 acceptance of death, 85–87, 90; controversy surrounding, 85; vs. denial, 86; vs. helplessness, 84; as joint effort with love ones, 90–91; loved ones' difficulty

acceptance of death, 85–87, 90; controversy surrounding, 85; vs. denial, 86; vs. helplessness, 84; as joint effort with love ones, 90–91; loved ones' difficulty of accepting, 85, 86–87, 88–89, 90–91; and openness to new experience, 208; prevailing "war on disease" paradigm and, 84, 85–86; and resistance to pressure to continue fight, 85, 86, 88–91; Saint-Exupéry on, 178; and social isolation, 173–74; in suicide, 90

Adunsky, Abraham, 189

afterlife: and deathbed visions, reality of as issue, 201–4; possibility of as unknown, 167

aging: dying from, and definition of dying process as issue, 8–9; as slow social death, 78

AIDS patients: acceptance of death in, 86–87; physical suffering in, 18; psychological suffering in, 22; social suffering in, 28–29; stigma attached to, 28; waiting for death in, 132, 143–45, 146

Ainu people of Japan, 133 Alighieri, Dante, 149

aloneness: as condition of modern
existential malaise, 169–70; hallucinations in, 176–80; negative perception
of, 169–70, 180–81; perception of, as
culturally determined, 180–81; protective power of devotion to cause or
belief system in, 176

aloneness in dying: and bodily decay, people's aversion to, 174; bystander indifference and, 174; and development of new self, 205-6; difficulty of overcoming, 170; experience of, difficulty of comprehending, 181; and fear, experience of, 48; hallucinations in, 180, 185-86; inability of others to fully empathize and, 172, 173-74, 175, 181, 182-83; individualism of modern culture and, 172; Internet communication with other dying persons as remedy for, 181-84; modern medical care and, 172; at moment of death, fear of, 175, 183; as occasion for transformative experience, 206–7, 212; perception of as negative experience, 169; physical isolation and, 181; positive consequences of, 211;

preference for in some individuals, 184–85; process of social disappearing and, 169, 170–71, 172–75; and retreat to inner resources, 175–76, 180–81, 185–86, 206–7, 214; sources of, 172; writings on, 171

aloneness in mortal suffering: case studies, 20–22, 23–24; reality check prompted by, 31–32; Saint-Exupéry on, 15–16

ALS (amyotrophic lateral sclerosis)
patients: anger in, 105–6; hope experienced by, 110–11; inner transformation in, 214–15; physical suffering in, 18, 21; sadness in, 98–99, 110; waiting for death in, 137

Altman, Leon, 139

Alvarez, Al, 73-74

Alzheimer's patients: anger in, 102; fear generated by diagnosis, 37; psychological suffering in, 22, 27; waiting for death in, 132

Amato, J. A., 16 Aminoff, Bechor, 189

anger, 101-7; in animals, 108-9; bursts of, 25; causes of, 101-3; complexity of underlying feelings in, 107-8; frustration as cause of, 101, 102, 103-4; guilt created by, 106-7; hope and love experienced in context of, 110-11; at injustice or offense, 102, 103, 104; as legitimate criticism, 103; literature on, 101; at loss, 101-2, 108-9; at loss of control, 104; at loss of former life and status, 104-5, 105-6, 108; messages sent by, 102; as occasion to reevaluate self and social relationships, 111; positive consequences of, 211, 213; as response to pain, 102, 103; rituals of healing from, 101; and sadness, as linked emotions, 94, 100-101; selfdirected, 107; as source of power, 103;

thought of lost future and, 93; at treatment by medical staff or caregivers, 104–5; at unfairness of life, 101, 106; variations in expression of, 102; at wait for death, 136

animals: fear of death in, 50; and human self-knowledge through comparison, 157; instinct for survival in, 59, 149; pain-based anger in, 102; response to threat of death, 2–4; sadness and anger in, 108–9; separation as cause of anguish in, 95. See also nature, death in

Anita (AIDS patient), 197 Ann (hospice patient), 137 anticipatory grieving, life story review as, 159–60, 162 apathy, as result of physical suffering,

Ape Language (Savage-Rumbaugh), 109 Aristotle, on courage, 57 The Art of Loving (Fromm), 121 aspirations of dying persons, 59 audience (onlookers), dying in front of, 60

baby boom generation, aging of, and normal dying process, importance of understanding, xi-xii The Bad Home (anon.), 104-5 Barbato, Michael, 101, 107 Barrett, William, 197-98 Bassett, Jan, 19-20, 93-94 Bauby, Jean-Dominique, 7 Beauvoir, Simone de, 174 Becker, Ernest, 39-40, 44 belief system, protective power of, in aloneness, 176 Bergman, Klara, 37 Berman, Merill, 140 Bible, on aloneness, 169 bitterness revival, life story review and, 160-61, 162

Block, Susan, 126 Bosanguet, Mary, 26 Boston, Patricia, 103-4 Bourke, Joanna, 46, 47 Bowker, J. W., 16 Bowlby, John, 96-97 Bracha, H. S., 3 Brad (dying person), 134 Bradford, Caycie, 138 brain tumors, physical suffering in, 18 breast cancer patients: hiding response in, 79–81; physical suffering in, 19–20; psychological suffering in, 26, 27–28; and sadness, sources of, 93-94; social suffering in, 29 Brodkey, Harold, 22, 132, 143-45, 146, 147, 208 Brontë, Emily, 90 Brown, Norman O., 44 Burger, Christopher, 26 Bushmen of Africa, 133 Butler, Robert, 150-51, 171

cancer: "orphan" types of, organizations devoted to curing, 76; stigma attached to certain types of, 28; war metaphor guiding treatment of, 75-77 cancer patients: acceptance of death in, 85–86; aloneness of dying in, 173–74, 182-84; anger in, 106; courage in, 66-69; fear generated by diagnosis, 37, 38, 39, 40-41; fighting spirit, impact on survival, 82; hiding response in, 79-81; hope in, 115; incidence of depression in, 95; life story review in, 152-53; physical suffering in, 18-20; psychological suffering in, 23, 24-25, 26, 27–28, 38; and relationships, strengthening of, 122-23; sadness in, 99; social suffering in, 23-24, 29-30; transformation in, 192-93, 194 Caring for a Dying Relative (Doyle), 127

Carroll, Lewis, 187 Carson, Henry J., 79-81 Casson, James, 26 castaways, hallucinations in, 176-78 cause: devotion to, protective power of, in aloneness, 176; willingness to die for, 63 C: Because Cowards Get Cancer Too (Diamond), 66-67 cells, programmed death in, 4-5 chemotherapy: physical suffering in, 18-20; psychological suffering in, 24-25 Chomin, Nakae, 219–20 Chow, Grace, 173-74, 175, 176 Cissy (dying person), 142 Civil War, U.S., courage of dying soldiers in, 61-62, 66 Coleman, Peter, 150, 158 common view of death: as completely negative, 1, 2, 219; and hope for quick end, 7; as overly-simple, 8 concentration camp inmates: aloneness in dying in, 174, 185; courage in dying in, 69, 71; life story review in, 155, 156, 162; and relationships as source of hope, 117; waiting for death in, 140 consciousness, evidence of continuation until moment of death, 194-95 control, loss of. See powerlessness, experience of Coontz, Phyllis, 140 coping ability, hope and, 115 Corinthians, First Epistle to the, 120-21 courage: bad types of, 57-58; definition of, 57-58; as facing of fears, 55, 58, 62-63; as misused term, 70; philosophers on, 57-58; as risk tolerance, 70-71; types of, 56, 57 courage in dying: in cancer patients, 66–69; as effort to preserve identity and values, 57, 59, 71, 212; everyday

forms of, as underappreciated, 63, 65, 66, 67, 69–70; examples of, 55–56, 59-70; in executed criminals, 60-61; expressions of as culturally learned, 67; in facing difficult tasks of illness, 58-59; in internment/death camp inmates, 69, 71; as less evident than moments of fear, 59-60; in ordinary people, 65-70; in sea captains going down with ship, 60; in September 11th attack victims, 64-66; in soldiers, 61-64; in suicide attackers, 63-64; and survival, 69, 70-71, 213; time bought by, 71; as under-studied, 55-56; useful aspects of, 71. See also resistance to death

Cowan, M. A., 85–86
Craib, Ian, 37, 38, 48, 49–50, 51–52
Crane, Stephen, 193
crisis of dying person, and development
of new self, 205–6
Crossing Over: Narratives of Palliative
Care (Barnard et al.), 150
Cruz, Victor Hernandez, 186
crying, as manifestation of sadness, 97–98

Darwish, Mahmoud, 38, 89–90, 113, 130, 163, 209
David (dementia patient), 143, 146, 208
Dawn (dying person), 142
dead body, watching over (wake), 131, 139
dead relatives, deathbed visions of, 195–99, 208
death. See acceptance of death; desire for death: distance from threat of death:

other specific topics
"Death and Co." (Plath), 73
deathbed visions: of afterlife in peaceful,
lighted place, 199–201; consistency
of across time and demographic
categories, 196–97, 199, 204; of dead

relatives, 195-99, 208; vs. hallucinations,

196; opiate sedation and, 195, 198; prevalence of, 185–86, 190, 195; reality of in experience of dying persons, 203–4; ultimate reality of, as issue, 201–3

The Death of Ivan Ilyich (Tolstoy), 131 death row inmates: aloneness in dying in, 174; final moments of life in, 188–89; isolation of, 138, 140; life story review in, 156; physical suffering in, 20; psychological suffering in, 21, 24, 26, 138; waiting for death in, 137–38, 140–41 DeBaggio, Thomas, 22, 27, 37, 102, 132, 153–54

dementia patients: life story review in, 153–54; physical suffering in, 18; transformation in, 192; waiting for death in, 143, 146. *See also* Alzheimer's patients

denial, as over-used word in health care, 86

denial, as response to threat of death, 40, 43–44; vs. acceptance, 86; vs. hiding response, 79–81; as transitory reaction, 80

The Denial of Death (Becker), 39–40 depression: definition of, as issue, 95–96; incidence in cancer patients, 95; literature on, 96; vs. sadness, 94–97. See also sadness

Des (elderly person), 42

desire for death: as act of courage, 59; in elderly, 42–43, 50; fear as cause of, 37; instinct for survival and, 59; in mortal suffering, 19–20. *See also* acceptance of death; euthanasia; suicide

Desperate Journeys, Abandoned Souls (Leslie), 177–78

developing nations, and deathbed visions, 195, 198

diagnosis of fatal disorder: fear generated by, 37, 38, 39, 40–41; as occasion

for transformative experience, 206; posttraumatic stress disorder as result of, 137

Diagnostic and Statistical Manual of the American Psychiatric Association (DSM), and disease model of grief,

Diamond, John, 23, 66–67, 122

Diane (cancer patient), 116

Diary of a Dying Mom (Mayer Internet blog), 124–25

difficult tasks of illness, courage in facing of, 58–59

dignity in dying, and dying as moral test,

distance from threat of death: and animal response, 3–4; and human response, 5, 12–13

Doyle, Derek, 119, 127

DSM. See Diagnostic and Statistical Manual of the American Psychiatric Association

dying: common view of as completely negative, 1, 2, 219; and consciousness, evidence of continuation until moment of death, 194-95; definition of, 9-10; difficult vs. peaceful experiences of, 188-90; factors affecting experience of, 189; final crisis of distress, normal lack of, 190, 194; final phase of surrender in, 194, 198; as journey with new experiences, 211-12; as lifeaffirming journey, 212–17; limitations of academic and clinical writing on, x-xi, 2, 7, 12; modern form of, as quiet, hygienic, and isolated, 172; nature of, 8-10; variety of causes and forms, importance of considering, 8, 12. See also other specific topics

Dying-as-Dying-from-an-Incurable-Disease Book, 40 dying person, definition of, ix–x, 9–10 Earl (ship), 60

Ebola patients, experiences of nurses of, 135–36

egocentrism, and perceived fear of dying,

elderly: acceptance of death in, 87; anger in, 106; and fear of death, 41–43; life story review in, 150–51, 160–61, 164; peaceful vs. difficult deaths in, 189; perception of non-aging self in, 78; physical suffering in, 18; resistance to death in, 77–79; social suffering in, 21. See also nursing home patients

Elias, Norbert, 171-73

Eliot, T. S., 38

Ellis, Carolyn, 123–24

emotions: in animals, 109; catastrophic states, in response to awareness of impending death, 22–26; distress, hiding of, 81; meltdowns, 22, 24–25; movement of through stages, 41, 80; new emotional territories, discovery of, 32–33, 41, 213; suffering as occasion for emotional check, 32–33. See also acceptance of death; aloneness in dying; fear of death; psychological suffering; sadness; other specific emotions

empathy: impossibility of, and aloneness in dying, 172, 173–74, 175, 181, 182–83; possibility of, 17–18

emphysema, 123-24

Entwistle, Mary, 47

Escape from Evil (Becker), 39–40

escape from reality: dangers of, 162; and fantasy as coping mechanism, 142, 146; as purpose of life story review, 155, 156, 161–62, 162–63; retreat to inner resources, 175–76, 180–81, 185–86, 206–7, 214

ethnocentrism, and perceived fear of dying, 44

Euahlayi people of Australia, 133
eulogies, tradition of evaluation of lives
and, 161
euthanasia: and aloneness in dying, 185;
as resistance to death, 74–75
execution, persons facing: courage in
dying, 60–61; and perception of time,
207. See also death row inmates
exhaustion, and transcendence of fear,
67–68
existentialists, on courage of being, 57
existential questions, arising of with im-

manent death, 93

fainting response to threat of death, in animals, 3
Faith (cancer patient), 134, 191–92
fantasy, as coping mechanism, 142, 146
Faust, Drew Gilpin, 61, 66
fear: academic studies on, 55–56; courage as facing of, 55, 56, 58, 62–63; culturally-learned expressions of, 67; diagnosis of fatal disorder and, 37, 38, 39, 40–41; techniques for coping with, 52–53

existential test, mortal suffering as, 33-34

fear of death: desire for death caused by, 37; difficulty of identifying specific fears, 36-37; elderly and, 41-43; as fear of dying in unfamiliar circumstances, 44-46; as fear of losing valued facets of self, 49-51, 170; as fear of unknown, 35-36; limited number of dying persons experiencing, 38, 39-43; manifestations of, 37-38; medical technology and, 45, 47-49; modern unfamiliarity of death and, 44; as more visible than courage, 59-60; as multiple, underlying fears, 36-37; as natural animal reaction, 39, 89; as occasion to reconceptualize life, 51-52, 53; physiological responses to, 37-38;

positive consequences of, 211; as product of power relations, 46; religion as ally in overcoming, 46-47; strength to confront, as surprise to dying persons, 215; subsiding of after initial shock, 41; transcendence of in soldiers, 62-63; various means of coping with, 39-41. See also courage in dying feign/fright response to threat of death: in animals, 3; in humans, 6-7 Fiester, Richard, 79-81 fight-or-flight response, 3; elaborations on in higher animals, 3; modern medicine's emphasis on "fight" half of paradigm, 75-77; as temporary, 84 fight response to threat of death: adopting, for sake of others, 126-27; in animals, 3; modern medicine's emphasis on, 75-77; and patient hiding of emotional distress, 81; and patient survival, impact on, 82; as temporary, 84. See also resistance to death First Epistle to the Corinthians, 120-21 The Five Stages of Grief (Pastan), 100 Flight 93 passengers, courage of, 64–65 flight response to threat of death: in animals, 3; as form of resistance, 75, 79-84; as natural, reasonable response, 75; as temporary, 84 Frank (hospice resident), 21 Frankl, Victor, 33, 34, 71, 103, 117, 155, 162, 169, 185 Fraser, Giles, 192 Freeman, Mark, 151 freeze response to threat of death, in animals, 3 Freud, Anna, 174 Freud, Sigmund, 174 friendships, deepening of, in dying persons, 119, 125-26 Fromm, Erich, 120, 121 Fromm-Reichmann, Frieda, 171, 176

future of dying person: anger as loss of, 93; life story review and, 166–67, 213; perception of, 213–14, 214–15; sadness at lost of, 93, 94, 98, 99; as unknown, 167

Gardner, Iain, 86–87 Geertz, Clifford, 17 Gracie (cancer patient), 68–69 gray power movement, 78 Gregory, D. M., 27 grief: anticipatory, life story review in dying persons as, 159–60, 162; as more visible than courage, 59–60. See also sadness

habit, erosion of in dying persons, 13, 85; and fear, 56. *See also* identity
Haight, Barbara, 160
hallucinations: in castaways, 176–78; *vs.*deathbed visions, 196; diversity of types and interpretations of, 179–80; in hermits, 178–79; in near-death experiences, 179; in tribal rites of initiation, 179–80. *See also* deathbed visions

Harrington, Melissa, 65 head injury, and painless state of shock, 6–7

heart disease, fear generated by diagnosis of, 40-41

Helen (cancer patient), 191–92 Helm, Ethan, 77 helplessness. *See* powerlessness Herbert, George, 69

hermits, hallucinations in, 178–79 Hettie (elderly person), 78

hiding of distress, as form of resistance to death, 81-82

hiding response to threat of death: in animals, 3; as common, 81–82; in humans, 79–82 Hinton, John, 69, 190, 194 HIV. See AIDS patients Hope, Bob, 131, 139 hope, definition of, 115

hope in dying persons: and coping ability, 115; in death row inmates, 140–41; experiences of within sadness, 110–11; impossibility of fully knowing future and, 113, 114, 116; irrational bursts of, 22; maintenance of by majority of dying persons, 113–14, 115, 116; objects of, 115–16; powerlessness and, 84; redirection of, 110, 113, 115, 116–17; relationships as basis of, 116–18; and survival, impact on, 71, 82, 83–84, 114

hopelessness: as attachment to lost form of hope, 110, 116; and suicide, 110 Hopi people, 133

hospice, number of patients dying in,

hospice patients: anger in, 101, 107; apathy in, 22; fear in, 37; and hope, 113; life story review in, 165; and pain management, 171; range of experiences of death in, 188; transformations in, 192–93; waiting for death in, 137, 165

hospitals: aloneness in dying in, 174, 181; anger at treatment by, 104; number of persons dying in, 171; pleasant and unpleasant death experiences in, 189; and war metaphor of medical treatment, 75–76

Howdle, Bill, 182–84 Hu, Kent K., 76, 86

humor: as method of coping with fear, 52, 53, 124–25; in response to psychological suffering, 29–30

hunter-gatherer cultures, abandonment of elderly and dying in, 133–34 Huxley, Aldous, 185

Hynes, Walter, 65 hypochondriasis, 81 identity: change in, with process of dying, 151, 205, 206, 207, 215; changes in, necessity of coming to terms with, 11; courage as effort to preserve, 57, 59, 71, 212; death as threat to, 17; life story as, 150, 151, 217; life story review as effort to maintain, 152, 153-54, 156; loss of, sorrow caused by, 83; resistance to death as effort to preserve, 71-72. 89, 81-82, 82-83. See also self-knowledge Illness as Metaphor (Sontag), 75 India, deathbed visions in, 197, 198 individualism of modern culture: and aloneness in dying, 172; and life story review, 163, 164 initiation ritual, Melanesian Islands (New Hebrides), 51 inner life of dying person: as complex and difficult to discern, 187; mixture of elements in, ix; retreat to, 175-76, 180-81, 185-86, 206-7, 214 inoculation through experience, as method of coping with fear, 52 instinct for survival, and response to death, 59, 149 Internet, communication with other dying persons on, 181-84 internment/death camps. See concentration camp inmates isolation: as existential quality of humans, 170; vs. solitude or loneliness, 170. See also aloneness

Jacques, Noralyn Davel, 137
Jaffe, Lois, 104, 136
JAL Flight 123 passengers, courage of, 66
James, William, 114–15
Jarman, Derek, 28–29
Job (biblical character), 69
John (cancer patient), 25
Johnson, Robert, 140–41, 188–89

Johnson, Sam, 24 Jones, L. L., 61 Josephine (nursing home resident), 137 joy, C. S. Lewis on, 129–30 Julia (cancer patient), 27 Jung, Carl, 157–58

kamikaze pilots, psychological distress of, 63–64 Kaufman, Sharon, 48, 136 Kierkegaard, Søren, 37 Klein, Melanie, 180 Kleinman, Arthur, 17 Krishnamurti, 35 Kübler-Ross, Elizabeth, 43–45, 85, 87, 100, 115, 190, 222n18

Langner, Thomas, 39-40

Lapp people, 133

Law, Phillip, 94 Lawton, Julia, 165 Leader, Darian, 35 Le-Hev-Hev, 51 Leslie, Edward, 60-61, 177-78 letting go: fear and, 56; as joint effort with loved ones, 90-91; life story review as means of, 156, 159-60; of loss, benefits of, 143, 146; of no-longer-viable forms of hope, 116. See also acceptance of death; resistance to death leukemia patients: anger in, 104; waiting for death in, 136 Levertov, Denise, 16 Lewis, C. S., 128-30 Licence, Tom, 178-79 life: intrinsic value of, 218; shaping of by evolutionary responses to threat of death, 4, 5 life, meaning of: contribution to better world as, 118; and dying as moral test,

34; dying as occasion for reevaluation

of, 11-12, 31-32, 93, 215; overcoming separateness as, 118, 120, 121; shaping of through acting and reacting, 33-34. See also life story review, in dying persons life-affirming journey, dying as, 212-17 life-enhancing purposes of death, in nature, 4-5, 10-11, 13, 216, 217 life expectancy, modern expectations about, 93 life story: as identity, 150, 151, 217; occasions for review of, 159, 163 life story review, in dying persons: adjustment of story to fit new reality, 52-53, 87, 151, 217; as anticipatory grieving, 159-60, 162; and bitterness revival, 160-61, 162; coherence of story, need for, 158-59; as common, 163-64; decision to forgo, 164, 165; as effort to generate meaning, 149-51, 156-57, 158-59, 165; as escape from reality, 155, 156, 161-62, 162-63; as identity maintenance, 152, 153-54, 156; as means of letting go, 156, 159-60; positive consequences of, 213, 217; psychological functions of, 151-52, 156-57, 162-63; and reliability of memory, 153-54, 164-65; and reorganization of personality, 151; and self-evaluation, cultural roots of, 161; as self-understanding and selfevaluation, 152-56, 157-59, 160-61, 162, 164-65; as specific to cultures valuing individual autonomy, 163, 164; usefulness of, 166-67; voluntary and involuntary forms of, 150-51 life story review, in near-death experiences, 154-55, 156, 160-61 liminality, period of, 132. See also waiting for death, by dying person Lincoln, Abraham, 55

Lindquist, Ulla-Carin, 98–99, 105–6, 110-11, 214-15 Lippmann, Walter, 45 The Little Prince (Saint-Exupéry), 15-16 Livingstone, David, 6, 47-48 loneliness, vs. solitude or isolation, 170. See also aloneness The Loneliness of Dying (Elias), 171-73 loss: academic focus on, 56; anger as response to, 101-2, 108-9; focus on in palliative care literature, 12; letting go of, 143, 146; sadness as normal response to, 94–95, 96, 97, 100, 108–9 Loss: Sadness and Depression (Bowlby), 96-97 love: desire for, as motive in human action, 118, 120, 121; experiences of, within sadness, 110-11; nature of, 121 loved ones: concern for, and resistance to death, 89, 90; dead, deathbed visions of, 195-99; dying persons' acceptance of death, difficulty of accepting, 85, 86-87, 88-89, 90-91, 100; hiding distress from, 81-82; over-solicitous, potential strain caused by, 128; sadness and anger as impetus to reevaluate relationship with, 111; suffering of, as cause of psychological pain, 26, 43, 99-100; waiting for death by, 131, 136, 139. See also relationships Lubbock, Tom, 18, 41 lung cancer, stigma attached to, 28 Lyles, Ceecee, 65 Lymphopo (web diarist), 22–23, 24–25, 53 Madeline (cancer patient), 19-20

Madeline (cancer patient), 19–20 major depressive disorder (MDD), DSM definition of, 95 Mary (breast cancer patient), 85–86, 87 Masson, Jeffrey Moussaieff, 109 Maude (elderly person), 42 Mayer, Michelle Lynn, 124-25 McCarthy, Susan, 100 McGraw, John, 169–70 McLuhan, Marshall, 165 McQuellon, R. P., 85-86 MDD. See major depressive disorder meaning of dying: life story review as effort to find, 149-51, 156-57, 158-59, 165; necessity of constructing for oneself, 11-12; as positive, in most dying person, 13 meaning of life: contribution to better world as, 118; and dying as moral test, 34; dying as occasion for reevaluation of, 11-12, 31-32, 93, 215; overcoming separateness as, 118, 120, 121; shaping of through acting and reacting, 33-34. See also life story review, in dying persons medical technology: and fear of dying, 45, 47-49; and time required to die, 7-8; and "war" on disease metaphor, 75-77 Meg (dying person), 183–84 Melanesian Islands (New Hebrides), male initiation ritual in, 51 memory: of fact vs. overarching narrative, 164-65; reliability of, and life story review in dying persons, 153-54, 164-65. See also life story review, in dving persons Merton, Thomas, 180 Mick (AIDS patient), 107 Miller, Derek, 152-53 Miller, Marion, 21, 42-43, 49-50, 52 modern life, as unfamiliar place, and fear of dying, 45-46 Moldova: deathbed visions in, 198; dying persons' acceptance of death in, 88-89; peacefulness of dying in, 194

Montgomery, James Robert, 61-62 Moody, Raymond, 6-7, 200 moral courage: definition of, 56; as recognition of everyday courage, 57 morality, and shaping of life meaning through acting and reacting, 33-34 moral test, mortal suffering as, 33-34 Moran, Lord, 62 mortal suffering: academic focus on, 56; definition of, 16; and desire to die, 19-20; and development of new self, 205; as emotional check, 32-33; humor in response to, 29-30; literature on, 16-17; as moral and existential test, 33-34; as occasion for transformative experience, 205, 206, 212; positive consequences of, 31–32, 211; as reality check, 31-32; transcending of, through mystical experiences, 30-31; and values, review of, 31-34, 212-13, 215. See also physical suffering; psychological suffering; social suffering Mother Teresa, 160-70 motor neuron disease. See ALS mystical experiences: transcending of suffering through, 30–31; as unbidden, 200 Nardini, J. E., 69, 71 nature, death in: insight gained from, 1; as normal part of life process, 2, 10–11; positive purposes of, 4-5, 10-11, 13, 216, 217; purpose of, as evident from function, 10-11: similarities to human

death, 216. See also animals

near-death experiences: deathbed visions

in, 199; hallucinations in, 179; life story review in, 154–55, 156, 160–61;

Monsters of Our Own Making (Warner),

Monsoor, Michael, 62-63

prevalence of, 190; as reality in experience of dying persons, 203-4; reality of, as issue, 201-3; social nature of, 208 nightmares, 27-28 Nixon, Richard M., 75 Noonan, Peggy, 65-66 normal experience of dying: benefits of understanding, xi-xiii; existing accounts of, demographic imbalance in, xi: as under-researched, x-xi Nuland, Sherwin, 76 nursing home patients: aloneness in dying in, 174; anger at treatment in, 104-5; courage of dying persons in, 69; and loss of familiar comforts, 44-45; waiting for death in, 136, 137, 140 nursing homes, number of persons dying in, 171

obituaries, tradition of life evaluation and, 161
odor, people's aversion to, and aloneness in dying, 174
old age, dying from, and definition of dying process as issue, 8–9
Omutu, Oconga Osuwu, 21
On Death and Dying (Kübler-Ross), 43–45, 222n18
onlookers, perspective of: obscuring of participant's experience by, 2, 5–6, 13, 187, 216, 218; as perspective of most

opiate sedation, and deathbed visions, suppression of, 195, 198 organ failure, physical suffering in, 18 organ transplant patients, experience of waiting in, 135

works on dying, 7

orphan diseases, organizations devoted to curing, 76

ovarian cancer: hope in, 113–14; stigma attached to, 28

pain: anger caused by, 102; painless state experienced in shock, 6-7. See also suffering palliative care: literature on, focus on sadness and loss in, 12, 56; number of patients dying in, 171 palliative care patients: aloneness of, 174-75; anger in, 101, 107; hope in, 116; and pain management, 171; range of experiences of death in, 119, 188, 189-90; relationships and, 119, 126 Pastan, Linda, 98, 100 Patty (dying person), 134, 142, 146 PCD. See programmed cell death pensioner rights movements, 78 perception, changes in, in dying person, 33, 190, 191–92, 206, 207, 208, 214, 215 Perera, Keith, 21 personality, reorganization of, in dying persons, 151. See also identity perspective of dying person vs. onlooker, 2, 5-6, 13, 187, 216, 218 Pessoa, Fernando, 191 physical courage: definition of, 56; examples of, 62-63; as traditional form of courage, 57, 63 physical suffering: case studies of, 18-20; as one form of suffering, 16 Plath, Sylvia, 38, 73-74 political suffering, 17 positional suffering, 17

positive experiences in waiting for death, 136, 139–45, 145–47; vs. common negative view of death, 219; and dying as life-affirming journey, 211–17; functions of, 217–18; vs. happiness, 217; intrinsic value of life and, 218; practical implications for caregiving, 218–19; as recently-noticed phenomenon, 216;

positive experiences in sudden death,

variations in, 216-17, 218. See also transformation within dying person positive purposes of death, in nature, 4-5, 10-11, 13, 216, 217 possessions, distributing before death, 142 postmodern world, as unfamiliar place, and fear of dying, 45-46 posttraumatic stress disorder, in patients diagnosed with fatal disorders, 137 powerlessness, experience of: vs. acceptance, 84; anger at, 104; impact on survival, 82, 83-84; and openness to self-sacrifice, 64; and resistance to death, inability to sustain, 84; and suffering, 22, 25-26 power relations, fear as product of, 46 Pratt, E. H., 197–98 premonitions of death, in Moldova, 88-8a Priestley, J. B., 78 programmed cell death (PCD), 4-5 psychoanalytic theory, on death, 40, 43-44 psychological courage: definition of, 56; in executed criminals, 60-61; as requirement for existing, 57; in soldiers, 61-63 psychological reductionism, 103 psychological suffering: case studies, 21-28; emotional meltdowns, 22, 24-25; humor in response to, 29-30; nightmares and troubled sleep in, 27-28; as one form of suffering, 17. See also fear of death purpose of life. See meaning of life

quick death: as common hope, 7; unlikeliness of, 7–8

Rachman, Stanley, 41 rational humanists, views on near-death and deathbed visions, 201, 202–3 Rawnsley, Marilyn, 68-69 reality check, mortal suffering as, 31-32 recollection. See life story review, in dying persons reconciliation, opportunities for, in terminal illness, 123 relatedness, loss of, in dying person's social disappearing, 171 relationships of dying persons: decline of, in face of adversity, 119, 127-28; earlier misconceptions about, 119; and future, new understanding of, 213-14; literature on, 119; need for offering support to others, 126-27; as object of hope, 116-18; and overcoming sense of separateness from others, 118, 120, 121; and potential strain of over-solicitous loved ones, 128; reevaluation of, in face of adversity, 111, 128; resistance to death as effort to preserve, 81-82, 89; sadness at thought of leaving, 98-99, 100, 108, 110, 143; strengthening of, as source of joy, 129-30; strengthening of in face of adversity, 118-27, 128, 212-13, 215. See also social isolation; social suffering religion: as comfort in dying, 46-47, 60, 86; decline of in Western societies, 46-47; and self-evaluation in dying persons, 161; suffering and, 16; transformation within dying person and, 205, 208 reminiscences, public, usefulness of, 166 remission, research on, 114 resistance to death: ability to sustain, factors in, 84; benefits of, 82-84; concern for loved ones and, 89, 90; as effort to preserve identity and values, 71-72, 81-82, 82-83, 89; as effort to preserve personal relationships, 81-82, 89; in elderly, 77-79; flight response as type of, 75, 79-84; hiding response

as, 79-82; and modern medical treatment as "war," 75-77; and morale, 83; as natural reaction, 39, 89-90; suicide as, 74-75, 89; time bought by, 74, 82, 83, 213. See also courage in dying; fight response to threat of death resistance to pressure to fight death, after acceptance of death, 85, 86, 88-91 Rich, Katherine Russell, 19, 23-24, 29, 30-31, 32, 67-68 Ritchie, David, 43 Rivas, Elizabeth, 66 Robert (cancer patient), 192-93 Robins, Natalie, 99, 106, 125–26, 128 role in life, death as occasion for reevaluation of, 11-12 Ros (elderly person), 78 Rose, Gillian, 87, 113-14, 117-18, 121, 128, 130, 166 Russell, C. K., 27

Saba, Fadia, 25, 99-100 Sabom, Michael, 154 sadness: and anger, as linked emotions, 94, 100-101; in animals, 108-9; complexity of underlying feelings in, 107-8; vs. depression, 94-97; disease model of, 94-95; etymology and definition of, 97; family and friends as support in, 96; focus on in palliative care literature, 12; hope and love experienced in context of, 110-11; hopelessness and, 110; loved ones' expectations for continuing struggle and, 100; as normal response to loss, 94-95, 96, 97, 100, 108-9; as occasion to reevaluate self and social relationships, 111; physical manifestations of, 95; positive consequences of, 211, 213; psychological pain of loved ones and, 99-100; as self-limiting, 95; thought of leaving present life and relationships

and, 94, 98-99, 100, 108, 110, 143; thought of lost future and, 93, 94, 98, 99; thought of past failures and, 100; thoughts of past losses and, 98; as under-studied, 96-97 Saint-Exupéry, Antoine de, 15–16, 178, 205, 207 Sand, Lisa, 174-75 Santayana, George, 83 Sarah (cancer patient), 27-28 Sartre, Jean-Paul, 174 Savage-Rumbaugh, E. Sue, 109 Scarre, Geoffrey, 57, 70 Schreiner, Oliver, 93 Schwarcz, Vera, 17 scleroderma, 124-25 sea captains, courage in facing death, 60 self. See identity self-knowledge/self-evaluation: increase in, through dying journey, 215; Jung on, 157-58; life story review as means to, 152-56, 157-59, 160-61, 162, 164-65; and multiplicity of selves, 164. See also transformation within dying person Seligman, Martin, 84 senses, sharpening of, in dying persons, separation, as cause of anguish in animals, 95. See also aloneness in dying; relationships of dying persons September 11th terrorist attacks: courage of attackers in, 64; courage of Flight 93 passengers, 64-65; courage of victims of, 64-66 Seravalli, Egilde, 126-27 ships, sinking, captains going down with, shock, painless state experienced in, 6-7 Simmons, Leo, 133 sleep, troubled, 27-28 social isolation: aging as slow process of,

78; dying as process of social disappearing, 169, 170-71, 172-75. See also aloneness in dying; relationships of dying persons; social suffering social suffering: case studies, 20-22, 23-24, 28-30; definition of, 17. See also relationships of dying persons soldiers: and courage as risk tolerance, 70-71; courage in dying, 61-64, 69; life story review by, in near-death experiences, 154; management of fear in, 41; transcendence of fear in, 62-63 solitude, vs. isolation or loneliness, 170. See also aloneness Sontag, Susan, 64, 75, 77 soothing words and images, as method of coping with fear, 52 sorrow, definition of, 97. See also sadness spes phthisica, 198 spiritual awakening in dying persons, 216 spiritual courage, 57 spiritualists, views on near-death and deathbed visions, 201 stigma of disease, and social suffering, storytelling animals, humans as: and desire for meaning, 11-12, 33, 149-50, 158; and life story as identity, 150, 151, 217; and preparation for future challenges, 150. See also entries under life story Strang, Peter, 174-75 sudden death: disorientation and shock in, 221-22n17; painless state of shock in, 6–7; positive experiences in, 218. See also near-death experiences

explanations of distress, 16; types of, 16-17. See also mortal suffering; physical suffering; psychological suffering; social suffering suicide: acceptance of death in, 90; and fear of death, 41; hopelessness and, 110; as infrequent reaction to impending death, 46; loved ones' difficulty of accepting, 88; as resistance to death, 74-75, 89; of Sylvia Plath, 73-74; thoughts of, in cancer patients, 38 suicide attackers: courage in, 63-64; as form of resistance, 74; motives of, 64 Sullivan, Mark, 110, 116 Surprised by Joy (Lewis), 128-30 surprise of dying persons: at diagnosis of terminal illness, 206; at inability to control fear, 12; as intrinsic to dying experience, 216; at positive experiences of dying, 129-30, 139, 143-47, 214-16, 218 Swain, Paul, 200-201 Tavris, Carol, 101, 108 Tennyson, Alfred Lord, 79 thinking about death, as unique human capacity, 7

Thomas, Lewis, 198
threat of death, human capacity to contemplate, 7
threat of death, response to: in animals, 2–4, 13; in humans, complexity of, 7, 12, 222n18; as ingrained product of evolutionary forces, 4, 6–7, 12; shaping of living organisms by, 4, 5
tiger attack, and painless state of shock, 6–7
Tillich, Paul, 56–57, 180
time, altered perception of: in dying persons, 137, 146, 214–15, 219–20; in near-death experiences, 154–55, 156, 160–61

Thomas, Dylan, 78-79

Suedfeld, Peter, 179-80

suffering: ability to share, 17-18; grief and

loss as basis of, 17; integrated nature

of, 17; literature on, 16-17; of others,

as source of psychological suffering,

26; Saint-Exupéry on, 15-16; as set of

time required to die: and complexity of human response, 5, 7, 9, 13; definition of, as issue, 8–10; extension of by resistance to death, 74, 82, 83, 213; focus on onlooker perspective on, 7; medical technology and, 7–8. *See also* quick death; waiting for death Todeserwartung (waiting to die) syndrome, 140

Tolstoy, Leo, 131 tonic immobility response. See feign/ fright response to threat of death

Toynbee, Philip, 194

transcendence: of fear through courage, 55, 62, 69; of suffering through humor, 29–30; of suffering through mystical experiences, 30–31; in transformation within dying person, 204, 207; in waiting for death, 135, 141, 146 transformation within dying person:

acceptance of, and opening of new perspectives, 208-9; changes in circumstance as occasion for, 205, 206, 208; characteristic pattern of development, 204-9; as common, 205, 218; definition of, 190-91; dying person's failure/inability to share, 189, 205, 207; factors affecting, 189, 205; before final approach to death, 189, 191-94, 205-7, 212-17; in final moments before death, 188, 189-90, 194-99; as life-building experience, 213; at moment of death, 199-201, 205; obscuring of by onlookers perspective, 2, 5–6, 13, 187, 216, 218; perception, changes in, 33, 190, 191-92, 206, 207, 208, 214, 215; as reality in experience of dying persons, 203-4; retreat to inner resources, 175-76, 180-81, 185-86, 206-7, 214; as source of consolation and hope, 219; spiritual awakening, 216; and strength, newly-discovered

depths of, 215; transcendence in, 207; ultimate reality of, as issue, 201–3; as unbidden, 206, 209; as under-studied phenomenon, 205; as unrelated to religious beliefs, 205, 208. *See also* deathbed visions; near-death experiences trapped feeling. *See* powerlessness,

experience of tribal cultures, rites of initiation in, 179–80 Trillin, Alice Stewart, 47–49, 106, 173, 175 tuberculosis, dying from, 198

Uganda, Ebola nurses in, 135–36
U.K. Centre for Policy on Ageing, 87
unexpected events, as occasion for transformative experience, 206
unfairness of life, anger at, 101
unfamiliar circumstances, fear of dying in, 44–46
United Airlines Flight 93 passengers, courage of, 64–65

values: courage as effort to preserve, 57, 59, 71, 212; loss of, sorrow caused by, 83; mortal suffering as occasion for review of, 31–34, 212–13, 215; resistance to death as effort to preserve, 71–72. 89, 81–82, 82–83 van Dyke, Henry, 70, 114, 211, 217 victim's stance, 101 Victor (cancer patient), 103–4 vital courage, definition of, 56 vitality, as spiritual force, 114

waiting for death, by dying person: acceptance and, 134, 146; in death row inmates, 137–38; diversionary tactics in, 136; focus on others in, 145–46; in hunter-gatherer cultures, 133–34; impatience in, 134, 137, 141; as limbo or purgatory, 132, 135–36, 139, 145; literature on, 135, 145; new character

264 > INDEX

insights in, 146; as occasion for transformative experience, 206, 212-13; psychological effects of, 135-36; rising above misery in, 139; sense of destination and, 132-33; as time of active preparation, 139; Tolstoy on, 131; as under-studied, 131-32; unpleasant experiences in, 132-33, 137-38, 145. See also positive experiences in waiting for death; transformation within dying person waiting for death, by loved ones, 131, 136, 139 wakes, 131, 139 Wallace, J. B., 163 Walton, Douglas, 57, 58 Warner, Marina, 52-53 war on cancer, Nixon's announcement of, 75

"war on disease" paradigm of modern medicine, 75–77; acceptance of death and, 84, 85–86

Webster, Jeffrey, 160

well-being, fear of death and, 38

Wells, H. G., 103

Western societies, decline of religion in, 46–47

wonder in dying persons, 128, 129–30, 205, 216. See also transformation within dying person

Worden, Bill, 97, 159

Wordsworth, John, 60

Wright, Kristin, 134, 141–42

young people, dying: anger in, 106; sources of sadness in, 93, 98, 99–100

Zaleski, C., 154-55