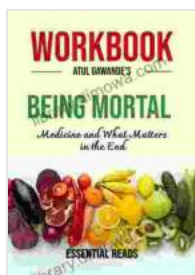


Workbook for Atul Gawande's Being Mortal: A Guide to Navigating End-of-Life Care with Dignity and Grace

Death is a part of life, but it's not always easy to talk about. This comprehensive workbook provides a practical guide to help you navigate end-of-life care with dignity and grace.

Based on the groundbreaking work of Atul Gawande, this workbook offers tools and resources to help you:



Workbook for Atul Gawande's Being Mortal: Medicine and What Matters in the End by Megan Rix

★★★★☆ 4.7 out of 5

Language	: English
File size	: 498 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 73 pages
Lending	: Enabled



- Make informed decisions about your care
- Communicate your wishes to your loved ones
- Create a meaningful end-of-life experience

This workbook is divided into four sections:

1. **Understanding End-of-Life Care**
2. **Making Decisions about Your Care**
3. **Communicating Your Wishes**
4. **Creating a Meaningful End-of-Life Experience**

Each section includes exercises, worksheets, and resources to help you apply the concepts to your own life. The workbook also includes a glossary of terms and a list of helpful organizations.

This workbook is an essential resource for anyone who is facing end-of-life care, or for anyone who wants to help a loved one through this process.

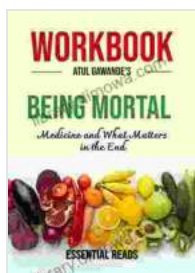
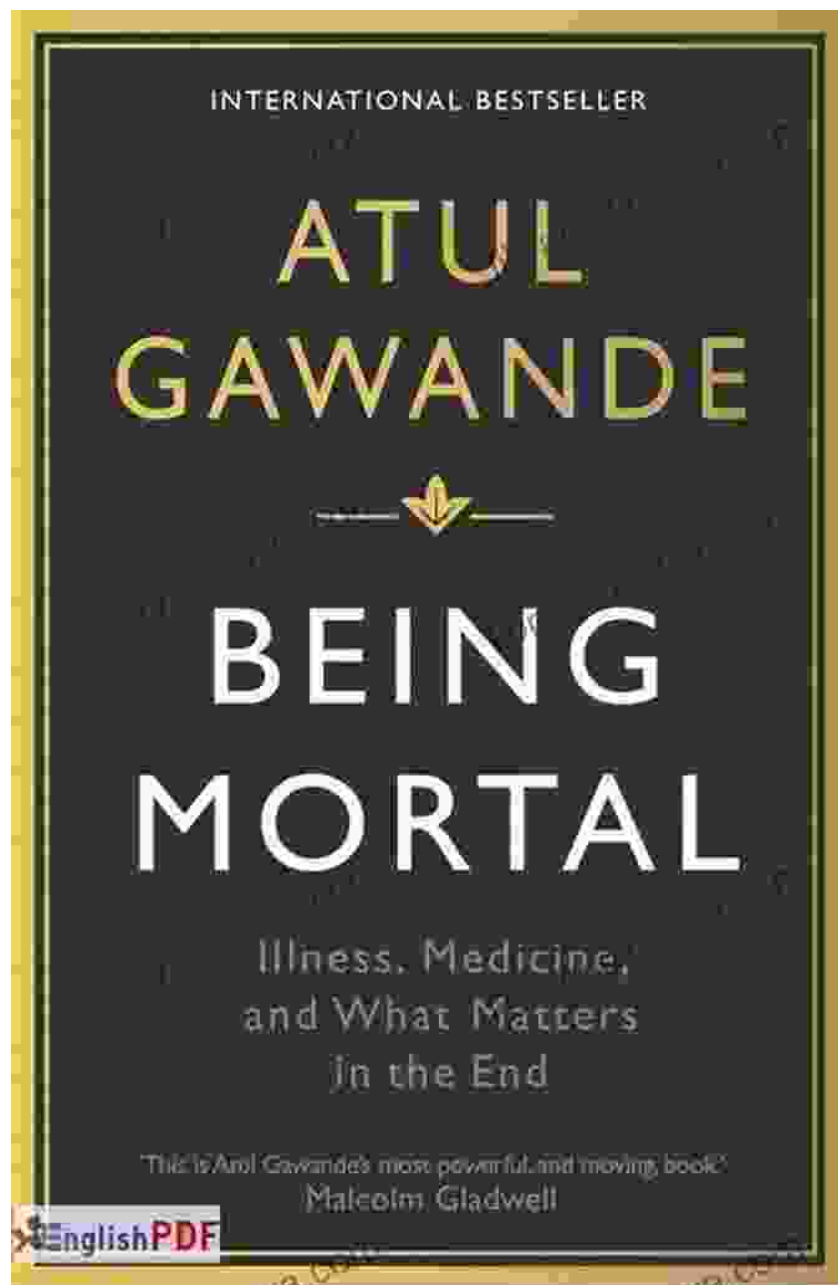
Praise for Workbook for Atul Gawande's Being Mortal

"This workbook is a practical and compassionate guide to end-of-life care. It offers clear and concise information, as well as helpful exercises and worksheets. I highly recommend this workbook to anyone who is facing end-of-life care, or for anyone who wants to help a loved one through this process." - **Dr. Atul Gawande, author of Being Mortal**

"This workbook is a valuable resource for anyone who is facing end-of-life care. It provides clear and concise information, as well as helpful exercises and worksheets. I highly recommend this workbook to anyone who is interested in learning more about end-of-life care." - **Dr. Ira Byock, author of The Four Things That Matter Most**

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