

RESOURCES



for Young Adults and Adults Living with an Advanced Serious Illness

YOUNG ADULTS

Diary of a Dying Girl: Adapted from Salt in My Soul
by Mallory Smith

***Everyone is Dying, Just At Different Speeds:
A Personal Guide To Living With A Terminal Illness***
by Joshua H. Coyne

***Liberation of Being: Allowing Terminal Illness to Teach
Us How to Live*** by Dr. Dylan Shanahan

***Living Well to Die Well - A Guide for Terminally
Ill People and Their Loved Ones***
by Kae Heckerman Mance

***My Terminal Life: Cancer Habitation and Other Life
Adventures*** by Amy Lyn Schnitzler

***100 Prompts for people with late terminal diagnosis: A
Journal for Reflection, Humor, and Facing
the Unthinkable*** by Aurelia Ink

ADULTS

***A Beginner's Guide to the End: Practical Advice for
Living Life and Facing Death*** by Dr. BJ Miller &
Shoshana Berger

Dying Well: Peace and Possibilities at the End of Life
by Ira Byock, M.D.

***Live Well With Terminal Illness and Other Crappy
Diseases*** by James Asbell

***Living Well to Die Well - A Guide for Terminally
Ill People and Their Loved Ones***
by Kae Heckerman Mance

The Lost Art of Dying: Reviving Forgotten Wisdom
by L.S. Dugdale

***Navigating Goodbye: A Guide for Those Blindsided
by Terminal Illness*** by Amy N. Shaw

***The Smooth River: Finding Inspiration and Exquisite
Beauty during Terminal Illness. Lessons from the Front
Line*** by Richard S. Cohen

When Breath Becomes Air by Paul Kalanithi

***100 Prompts for people with late terminal diagnosis:
A Journal for Reflection, Humor, and Facing
the Unthinkable*** by Aurelia Ink

SHARING THE STORY OF YOU: LEGACY JOURNALS

Celebration of Life: A Legacy Journal by Sharon Purtill

***Echoes Of Me: "When you can't hear me, read me"
Legacy Journal*** by Suzan M

***This Life of Mine: A Legacy Journal for Grandparents,
Parents and Anyone to Preserve Memories,
Moments & Milestones*** by Anne Phyfe Palmer



The National Grief Center
for Children & Families

continued...

SHARING THE STORY OF YOU: LEGACY JOURNALS, continued

Memories for My Grandchild: A Keepsake to Remember by Suzanne Zenkel

My End Of Life Journal: For those with a terminal diagnosis or approaching death

by RJ Brown (for ages 10 and up)

Story of My Life: A Workbook for Preserving Your Legacy by Sunny Morton

*Dougy Center does not endorse the references listed on this sheet.
They are provided as potentially helpful resources for families.*



The National Grief Center
for Children & Families