**York’s Dead Good Festival Resource List**

**Books – Non-Fiction (Adult)**

**With the End in Mind – Dr Kathryn Mannix***A palliative care doctor's breath-taking stories from 30 years spent caring for the dying.*

**Being Mortal – Atul Gawande***A book by American surgeon Atul Gawande addressing end-of-life care which contains personal reflections and stories.*

**Dear Life – Dr Rachel Clarke***Palliative care specialist Dr Rachel Clarke recounts her professional and personal journey to understand not the end of life, but life at its end.*

**An Alien Came To Stay: Living With Loss - Matt Harper-Hardcastle***Matt’s personal story and experience of losing his mother, mental health and life as a gay man with cerebral palsy.*

**All the Ghosts in the Machine: Illusions of Immortality in the Digital Age - Elaine Kasket***Author and Psychologist Elaine Kasket discusses our digital footprint, legacy and afterlife.*

**This Party’s Dead – Erica Buist (pre-order only)***Last year’s festival speaker, Erica, has travelled to seven of the worlds ‘death festivals’ and reports back what she’s learned.*

**The Book of Joy - Dalai Lama, Desmond Tutu and Douglas Carlton Abrams***The authors discuss the challenges of living a joyful life.*

**The Art of Living and Dying – OSHO***A compilation of Osho's words on death and dying.*

**Art of Dying - Elizabeth Fenwick and Peter Fenwick***A contemporary version of the medieval Ars Moriendi - a manual on how to achieve a good death.*

**Nearing the End of Life - Sue Brayne & Dr Peter Fenwick***A guide for relatives and friends of the Dying.*

**The Missing Peace – Ian Donaghy***A series of personal stories to highlight how people have survived and even thrived after a loved one has died.*

**Thinking Out Loud: Love, Grief, and being Mum and Dad – Rio Ferdinand***An honest, open and brave sharing of a personal story of grief, its impact on family life, and the rediscovery of hope and purpose.*

**The Year of Magical Thinking – Joan Didion***A personal account of the journey of grief. The author shares her struggle with grief and the enormity of the task to make sense of it all.**A powerful and thoughtful insight into one woman’s experience.*

**It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand – Megan Devine***A reflection on learning to live with grief rather than trying to fix it*

**Bearing the Unbearable – Joanne Cacciatore***A companion book, divided in 52 sections, for accompanying those grieving in life’s difficult moments.*

**Will My Cat Eat My Eyeballs? Big Questions from Tiny Mortals About Death – Caitlin Doughty***Mortician and funeral director Caitlin Doughty offers factual, hilarious, and candid answers to thirty-five questions posed by her youngest fans.*

**From Here to Eternity: Traveling the World to Find the Good Death – Caitlin Doughty***A look at how other countries and cultures deal with death.*

**Smoke Gets In Your Eyes – Caitlin Doughty***Now a licensed mortician, Caitlin tells the story of her fumbling apprenticeship, aged 23, with the dead.*

**A Grief Observed – C.S. Lewis***A collection of C. S. Lewis's reflections on the experience of bereavement following the death of his wife, Joy.*

**The End of Your Life Book Club – Will Schwalbe***A true story of a son connecting with his mother during her treatment for cancer through the books they are reading.*

**Mortality – Christopher Hitchens***Seven essays concerning Hitchens’ struggle with oesophageal cancer.*

**The Salt Path – Raynor Winn***The true story of how Winn and her husband, who was diagnosed with a terminal illness, became homeless after a bad investment and decided to walk the 630-mile South West Coast Path.*

**When Breath Becomes Air - Paul Kalanithi***A posthumously published autobiographical book by American Neurosurgeon Dr. Paul Kalanithi. It is a memoir about his life and illness, battling stage IV metastatic lung cancer.*

**Wild: From Lost to Found on the Pacific Crest Trail - Cheryl Strayed***In the wake of her mother’s death, her family scattered and her own marriage destroyed, Cheryl hikes the 1,100-mile Pacific Crest Trail as a journey of self-discovery.*

**Grief Works: Stories of Life, Death and Surviving - Julia Samuel***A compassionate guide that will support, inform and engage anyone who is grieving, from the 'expected' death of a parent to the sudden and unexpected death of a small child. It also provides clear advice for those seeking to comfort the bereaved.*

**Languages of Loss: A Psychotherapist's Journey Through Grief - Sasha Bates***Plunged unexpectedly into widowhood at just 49 years old, psychotherapist Sasha Bates describes the agonisingly raw feelings unleashed by the loss of her husband and best friend, Bill.*

**Everybody Died, So I Got a Dog - Emily Dean***A funny and heart-breaking story of love, family and overwhelming loss which led Emily to find hope and healing in the dog she always wanted.*

**Nothing to be Frightened Of – Julian Barnes***A series of musings on memory and death - a family memoir, an exchange with his philosopher brother, a meditation on mortality and the fear of death, a celebration of art and an argument with and about God.*

**Reasons To Stay Alive – Matt Haig***A memoir based on Matt’s own life experiences of living with major depressive disorder and anxiety disorder.*

**Tuesdays with Morrie – Mitch Albom***A memoir by American author Mitch Albom about a series of visits he made to his former sociology professor Morrie Schwartz, as Schwartz gradually dies of ALS.*

**Books – Fiction (Adult and Young Adult)**

**The Five People You Meet in Heaven – Mitch Albom***Eddie is killed and sent to heaven, where he encounters five people who had a significant impact upon him while he was alive.*

**A Monster Calls – Patrick Ness***A low fantasy novel for young adults (but also suitable for adults) by Patrick Ness, featuring a boy who struggles to cope with the consequences of his mother's illness.*

**The Book Thief – Markus Zusak***An historical novel about a young girl, set in WW2, which is narrated by death itself.*

**Looking for Alaska – John Green***An emotionally gripping coming-of-age tale set in an American boarding school.*

**The Fault in Our Stars – John Green***Hazel, a young teenage girl, has been diagnosed with lung cancer and begrudgingly attends a cancer support group where she meets a young boy named Augustus.*

**Grief is the Thing with Feathers - Max Porter***Two young boys face the unbearable sadness of their mother's sudden death.*

**The Sense of an Ending – Julian Barnes***The story of a man coming to terms with the mutable past and a meditation on ageing, memory and regret.*

**The Lovely Bones - Alice Sebold***The story of a murdered teenage girl who watches from Heaven as her family and friends struggle to move on with their lives while she comes to terms with her own death.*

**The Pact – Jodi Picoult***A portrait of families in anguish over a suicide pact between a teenage couple which leaves one of them dead and the other one on trial.*

**Still Alice - Lisa Genova***The novel is about Alice Howland, a 50-year-old cognitive psychology professor and world-renowned linguistics expert, who is diagnosed with early-onset Alzheimer's disease.*

**Never Let Me Go - Kazuo Ishiguro**In a dystopian version of late 1990s England, the lives of ordinary citizens are prolonged through a state-sanctioned program of human cloning.

**So Much for That - Lionel Shriver***A disillusioned businessman plans to escape to early retirement on a spice island off the coast of Africa and hopes his wife Glynis and teenage son Zach will join him. He plans to leave with or without them but then Glynis discovers that she has a rare and fast-growing cancer.*

**If Cats Disappeared from the World - Genki Kawamura***A heart-warming, funny and profound meditation on the meaning of life.*

B**ooks – Children**

**Bridge to Terabithia - Katherine Paterson***Two lonely children create a magical forest kingdom in their imaginations.*

**The Thing About Jellyfish - Ali Benjamin***After her best friend dies in a drowning accident, Suzy is convinced that the true cause of the tragedy was a rare jellyfish sting.*

**Maybe a Fox - Kathi Appelt & Alison McGhee***A tale about two sisters, a fox cub, and what happens when one of the sisters disappears forever.*

**No Matter What - Debi Gliori***A tender story about a child’s biggest worry and a parent’s endless capacity for love.*

**The Invisible String - Patrice Karst***A great tool for children coping with separation anxiety, loss, and grief. In this relatable and reassuring story, a mother tells her two children that they're all connected by an invisible string.*

**The Huge Bag of Worries - Virginia Ironside***A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings.*

**When Dinosaurs Die - Laurie Krasny Brown and Marc Brown***Explains in simple language the feelings people may have regarding the death of a loved one and the ways to honour the memory of someone who has died.*

**Guess How Much I Love You - Sam McBratney***The story of the Nutbrown Hares trying to find a way to measure the unmeasurable.*

**Podcasts**

**Griefcast by Cariad Lloyd***A podcast that examines the human experience of grief and death - but with comedians.*

**Dying Matters Podcast***The official podcast of Dying Matters Awareness Week.*

**The Art of Dying Well***A monthly podcast featuring different guests which aims to make death and dying something we can talk about openly without discomfort or fear.*

**The TED Podcast: Elizabeth Gilbert (single episode)***Elizabeth Gilbert, author of 'Eat, Pray, Love' opens up about grief in the wake of her partner’s death.*

**Terrible, thanks for asking***Host Nora McInerny asks people to share their complicated and honest feelings about how they really are.*

**App**

**APARTOFME***A game for teenagers and young adults designed to help you cope with the death of a loved one.*

**Films**

**Coco (2017 - Disney)***Miguel pursues his love for singing in spite of his family's ban on music. He stumbles into the Land of the Dead, where he learns about his great-great-grandfather who was a legendary singer.*

**Up (2009 - Disney)***Carl, an elderly widower, goes off on an adventure in his flying house in search of Paradise Falls, his wife's dream destination.*

**Bambi (1942 - Disney)***Bambi is a young fawn who is chosen to become the next prince of the forest like his father. While living in the forest, he learns about friendship, love and how to protect his near and dear ones.*

**The Lion King (1994 - Disney)**As a cub, Simba is forced to leave the Pride Lands after his father Mufasa is murdered by his wicked uncle, Scar. Years later, he returns as a young lion to reclaim his throne.

**What We Did On Our Holiday (2014)***A couple, Doug and Abi, unite following a tense separation to travel to the*[*Scottish Highlands*](https://en.wikipedia.org/wiki/Scottish_Highlands) *with their children for the 75th birthday party of Doug's father Gordie, who has terminal cancer.*

**Evelyn (2018)***A documentary film about Orlando's family who are dealing with the effects of his suicide 13 years earlier by taking a series of long walks visiting landscapes Evelyn liked to walk when he was alive.*

**The Bucket List (2007)***A drama-comedy about two terminally ill men with only six months to live who decide to explore life and make a bucket list comprising all the things they have never tried before.*

**Big Fish (2003)***Will Bloom returns home to care for his dying father, who had a penchant for telling unbelievable stories. After he passes away, Will tries to find out if his tales were really true.*