

## Interesting books



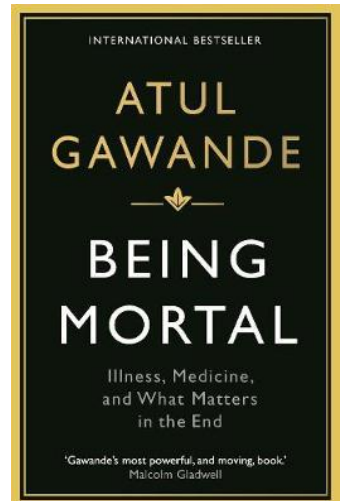
These are a selection of non-textbook books that broach topics of serious illness, death and dying.

### Being Mortal: Illness, Medicine and What Matters in the End By Atul Gawande

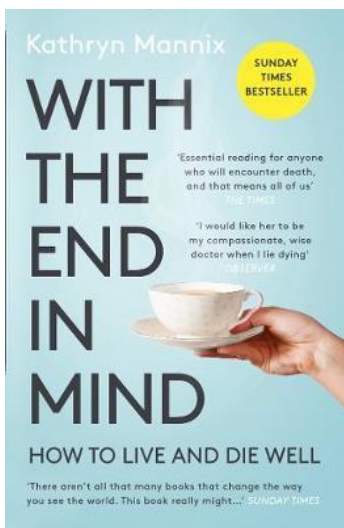
Atul Gawande is an American general and endocrine surgeon as well as author and researcher. Future surgeons amongst you may also know he is also the creator of the WHO surgical checklist and has written other books 'Better' and 'The Checklist Manifesto' amongst his many achievements.

This book is about the modern experience of mortality – aging, how medicine has changed this and how it hasn't. It examines his experiences as a surgeon and those of his patients and family, learning to accept limits of what can be done.

We would recommend you read this during your medical training.



Available as an audiobook



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### With the end in mind By Kathryn Mannix

Kathryn Mannix initially developed experience working in Oncology and then moved to spend the majority of her career as a Palliative Medicine Consultant.

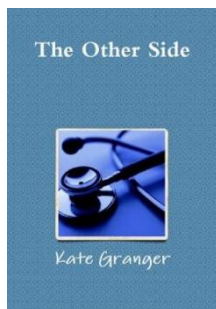
She is now retired and this book is a collection of patient stories gathered from her working life, aiming to demystify death and open the conversation in society about this reality for us all. It can be read in little sections for each individual story and is helpful for learning about the dying process and thinking about the approach she takes to the conversations and discussions that feature at this time of life.

## The Other Side By Kate Granger



Kate Granger was a medical registrar aged 29 when she was diagnosed with incurable sarcoma.

This slim book is not about dying but covers the first 6 months after she first goes to hospital while on holiday in America. The process of diagnosis, hospital admissions and initial chemotherapy treatments – she described it as her story as a patient through a doctors eyes. Worth a read.



She went on to complete her training and become an Elderly Care Consultant and is responsible of the #hello,mynameis campaign from her experience of healthcare professionals not introducing themselves in hospital.

She died in 2016.

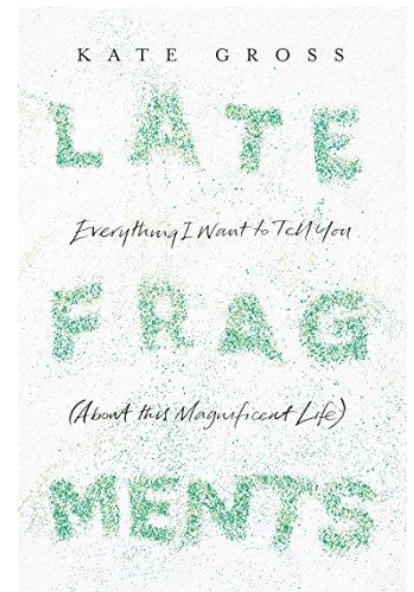
There is a copy of this book at Rowcroft hospice, it is short enough to read during your time here.

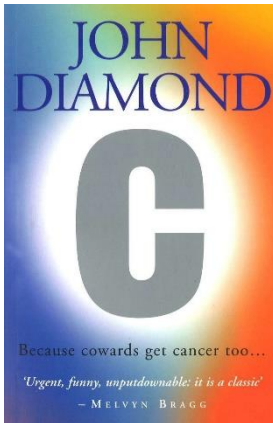
## Late Fragments – Everything I Want to Tell You About this Magnificent Life Kate Gross

Kate Gross was ambitious and talented, working at Number 10 Downing Street for two Prime Ministers then going on to be part of founding a charity working to improve fragile democracies in Africa, and subsequently becoming its CEO.

At the age of 34 she was diagnosed with metastatic colon cancer, her twin sons were 3 and a half at the time. She died of the disease 2 years later.

This book doesn't have the medical content of those above written by clinicians. Instead, this is a book about trying to make sense of life when you find you are dying in your thirties, the importance of the people you love and the everyday realities of trying to cope with the impact of the illness and parenting toddlers.





C because cowards get cancer too  
By John Diamond

John Diamond is unlikely to be a familiar to any of you, having died in 2001, he was a journalist and broadcaster, and after being given the diagnosis of a head and neck cancer started writing about it in his column in The Times. This book is his inquisitive insight into cancer as an illness and the practical aspects of diagnosis and complications of treatment, it is very readable, written with humour but doesn't hide the messy at times miserable reality.

Tuesdays with Morrie - An old man, a young man, and life's greatest lesson

By Mitch Albom

Morrie was a College Professor when he was diagnosed with motor neurone disease, Mitch was a student who hadn't stayed in touch in the way he intended. The book is their reconnection and describes Mitch's experience of Morrie's final class for him. He travels weekly across America to meet him in his home and hears how Morrie faces what his illness brings.

