This book brings together the most popular and thought-provoking Insights on Death & Dying columns written by internationally acclaimed thanatologist Joy Ufema for the Nursing journal.

The book offers the kind of thoughtful advice that only a seasoned practitioner skilled in the palliative arts could provide.

The preface presents a history of thanatology and explains why it’s such an important part of today’s health care landscape. The body of the book consists of ten themed chapters filled with Joy Ufema's personal, first-hand accounts of how she helped patients, families, and co-workers through the most stressful times in their lives.