

Nearing Death Awareness: A Guide to the Language, Visions and Dreams of the Dying

Mary Anne Sanders



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Nearing Death Awareness explains the extraordinary behaviors often seen in those nearing the end of life, and how the experience of these can be changed from odd, bewildering moments into opportunities for spiritual refinement and growth. Mary Anne Sanders argues that dying is a complex experience for both the dying person and their family, friends and carers, and it involves all aspects of humanity: physical, mental and spiritual. The author explains the different types of Nearing Death Awareness (NDA), including visions, dreams and symbolic language, illustrated with accessible case examples from relatives and health care professionals who have witnessed NDA. She also offers practical guidance for family and carers of the dying about how to respond appropriately and supportively to NDA behavior, enabling the dying person to examine their identity, explore their spirituality and achieve self-acceptance. This sensitive and informative book will appeal to anyone who is likely to accompany a dying person, readers with an interest in spirituality, medical and social services professionals and students of palliative care.

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