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Don't cling to things, because everything is impermanent.... But detachment doesn't mean you don't let the experience penetrate you. On the contrary, you let it penetrate you fully. That's how you are able to leave it.... If you hold back on the emotions—if you don't allow yourself to go all the way through them—you can never get to being detached, you're too busy being afraid. You're afraid of the pain, you're afraid of the grief. You're afraid of the vulnerability that loving entails. But by throwing yourself into these emotions, by allowing yourself to dive in, all the way, over your head even, you experience them fully and completely. You know what pain is. You know what love is. You know what grief is. And only then can you say 'All right. I have experienced that emotion. I recognize that emotion. Now I need to detach from that emotion for a moment.' I know you think this is just about dying, but it's like I keep telling you. When you learn how to die, you learn how to live (104). Albon, Mitch. *Tuesdays with Morrie*. New York: Doubleday, 1997. Morrie Schwartz

Recommended Resources

https://www.americanbar.org/groups/law_aging/resources/health_care_decision_making/consumer_s_toolkit_for_health_care_advance_planning.html: an invaluable free, practical, and thorough resource for many dimensions of end of life caregiving

<https://hhs.texas.gov/laws-regulations/forms/advance-directives>: Texas HHS advance directives

<http://www.apa.org/about/division/div38.aspx>: Division 38: Society for Health Psychology: research and resources related to health, illness, and wellness

<http://www.drdauidzuniga.com>: my website is a free community resource describing thousands of books, web links and other resources related to the intersections of psychology, oncology, healthcare decision-making, meditation, grief and coping, including over two hours of original, free videos of guided meditation.

Being Mortal: Medicine and What Matters in the End by Atul Gawande: a practical and moving exploration of caregiving and decision-making

The Fall of Freddie the Leaf: A Story of Life for All Ages by Leo Buscaglia: a book designed for children, and equally skillful for adults. Using nature imagery, this offers a moving explication of death and life. Accessible to people from a wide variety of backgrounds.

How We Die: Reflections on Life's Final Chapter by Sherwin B. Nuland: a practical and informative text, answers many important questions people often have

The Meanings of Death and *The Problems of Suffering in Religions of the World* both by John Bowker — John Bowker is an ordained minister and also a leading academically trained scholar of comparative religion.

On Our Way: The Final Passage through Life and Death by Robert Kastenbaum: a leading psychologist discusses many important dimensions of dying and caregiving.