



Susan Ducharme Hoben

Award-winning Author and Renowned
Advocate for Choosing the Path of a
Peaceful End-of-Life

Press Kit

Contents

Media Photo of Susan Ducharme Hoben

Press Release: A Couple's Celebration of Life and Love While Facing Death

Press Release: Die Well and Live Well in the Process

Bio

Segment Ideas

Talking Points

Interview Questions

End-of-Life Articles:

Five Ways to Cope with Your Loved One's Terminal Illness

Three Secrets to Increasing Joy for Your Loved One at End-of-Life

Testimonials



Publication Date: March 2018
Contact: Anne Leedom
Ph: 310.251.0218 (Los Angeles)
anne@anneleedompr.com



Dying Well:
Our Journey of Love and Loss
By Susan Ducharme Hoben

**INSPIRING NEW MEMOIR ABOUT ONE COUPLE'S
CELEBRATION OF LIFE AND LOVE WHILE FACING DEATH**

Months after her husband Bruce's untimely death from cancer, author Susan Ducharme Hoben was sitting at her first grief counseling meeting. As each person went around the circle sharing their heart-wrenching stories full of tears, anger and regret, Hoben paused. Her experience had been so different. She and Bruce spent the last months of his life doing all the things he loved, spending time with the people he cared for the most and savoring every moment. She felt she grieved *with* him, and then celebrated with him. After he passed, she was at peace.

This is the inspiring story she shares in her new memoir, ***Dying Well: Our Journey of Love and Loss*** (March 2018). Detailing how Bruce celebrated life while facing his death with grace and dignity, Hoben guides readers through the decisions made and actions taken on their nine-month journey from diagnosis. *Dying Well* brings readers into their celebrations and goodbyes, to a peaceful death free of fear and regret. Hoben shares the lessons she learned as their family came to terms with Bruce's impending death, and the ways they made this last stage of his life as loving and joyous as possible.

-More-

“In death, as in life, there are choices we make that can determine the quality of our existence,” Hoben states. “We may not be able to control the cause of our death, but we do have control over many aspects of how we die, and of course, how we live while we still have the chance.”

Most memoirs written by a surviving spouse or child, recount the grief and pain of their loss. *Dying Well* is different. It is so much more than a memoir — it is a love story and a “how-to” book without being preachy, an uplifting end-of-life journey that offers a thought-provoking perspective on dying, one that may help readers and those they love achieve what's most important when the time has come to say goodbye.

###

Publication Date: March 2018
Contact: Anne Leedom
Ph: 310.251.0218 (Los Angeles)
anne@anneleedompr.com



Is America Bad at Dying?

HOW TO DIE WELL, AND LIVE WELL IN THE PROCESS

Los Angeles, CA - 2.7 million Americans die every year, 1.2 million from cancer or heart disease, according to a recent report by the CDC. Many more are battling life-threatening conditions. Far too many people die in hospitals, in pain, isolated from their friends and families. Although 90% of those on Medicare say they want end-of-life care at home, only one-third achieve it according to a study in the Journal of American Medicine.

In fact, twenty-five percent of all Medicare spending is for patients who are in their final year of life, most of that money spent in their last couple of months for care which is often of little apparent benefit.

But when author Susan Ducharme Hoben's husband was facing terminal cancer, they made a decision to savor every fleeting moment by spending the time he had left doing things he loved, surrounded by his family and friends. She chronicles this journey in her new memoir, *Dying Well: Our Journey of Love and Loss* (March 2018).

Part love story, part "how to", part inspirational retelling of their nine-month journey from diagnosis, *Dying Well* takes readers through celebrations, sadness and, ultimately, a peaceful death free of fear and regret.

"A good death also has huge benefits for those who are left behind," Hoben says. "We were able to mourn my husband's passing but celebrate his life. My transition to becoming a widow was immeasurably eased by his compassion for others in the face of his own death."

Hoben has since set out to encourage others to not only think about their end-of-life wishes, but what they want from life *now*, whether facing a terminal illness or not.

-More-

In an uplifting and inspirational interview, Hoben can discuss topics like:

- What her husband’s death — and his journey in the months prior — taught her about living
 - What it means to “die well,” and why the time to think about that is now
- The barriers to dying well. What holds people back from achieving the death they truly want
 - The unexpected benefits of “dying well”
- How the current healthcare system leads to higher costs and poorer outcomes for terminally ill patients, and how to find what is best for you and your family
- Five steps to take to ensure you receive the end-of-life treatment you truly want
 - And much more!

“In death, as in life, there are choices we make that determine the quality of our existence,” Hoben adds. “While we may not be able to control the cause of death, we do have control over many aspects of how we die, and certainly how we live while we still have the opportunity.”

####

About Susan Ducharme Hoben

What's it like to know you're dying? What's it like to pretend you are not? Susan Ducharme Hoben not only answers those questions but shows us how, if we are willing to approach death with courage and compassion, a peaceful end-of-life is a real option for us or someone we love.

In her award-winning book, *Dying Well: Our Journey of Love and Loss*, she relates an uplifting end-of-life story, offering a thought-provoking perspective on dying, and presenting a model for dying peacefully free of fear and regrets. She has appeared on top media outlets speaking about how we can all choose to "die well," including NBC and ABC, public radio affiliates, and Sirius XM/Doctor Radio. Her articles and Op-Eds have been published online and in newspapers across the country. She speaks to community organizations, hospice and healthcare groups, libraries and book groups.

As someone who has lived the end-of-life experience she is advocating, she brings an important and missing perspective to the growing national dialog about dying. When her husband Bruce decided to stop treatment for his terminal illness, he and his family embraced his end-of-life and assumed responsibility for achieving a celebratory, peaceful, and intimate conclusion. She shows us what is possible and demonstrates the value not just to the person who is dying but to those left behind.

Grounded in research, as well years of observation and reflection, Hoben's insights and experience challenge and inspire us to fundamentally shift our perspective on death. By describing specific decisions and actions we can take, she shows us how to remain calm and confident as we prepare for death, powerful as we navigate the healthcare system to get what we want, joyful and grateful at the end, knowing we have given the gift of dying well to those we love.

Hoben is a former executive consultant with IBM's Strategy and Change Consulting practice. She put her mathematics degree from Cornell University and graduate studies in Computer and Information Sciences at Georgia Institute of Technology to good use in a thirty-five-year career in information technology.

After retirement she volunteered her consulting services to the State of Connecticut Office of Health Reform and Innovation, managing a project that was part of the ACA national effort to fundamentally redefine how healthcare is delivered. Upon retirement, she founded a travel journal about luxury barging in Europe, and celebrates life every day, never turning down an invitation, especially if it involves travel or dancing.

For more information, visit www.SusanDucharmeHoben.com and connect with her on Facebook, <https://www.facebook.com/SusanDucharmeHobenAuthor/> *Dying Well* is available on Amazon <https://susanducharmehoben.com/product/dying-well---our-journey-of-love-and-loss> and in bookstores everywhere.

Story Ideas for Susan Ducharme Hoben, author of *Dying Well: Our Journey of Love and Loss*

Susan Ducharme Hoben offers insights and a wealth of practical tips for anyone wanting to choose the path of a peaceful end-of-life.

These and other timely segment ideas – complete with talking points - are available.

- **Although 90% of those on Medicare say they want end-of-life care at home, only one-third achieve it.** For most people, death comes only after a long medical struggle with an incurable condition. Far too many people die in hospitals, in pain, isolated from loved ones. Susan Hoben discusses what can be done to enable more people to achieve the end-of-life they want.
- **The default standard of care is “all necessary care.”** This standard of heightened levels of care contributes to the estimated \$810 billion in unnecessary, unbeneficial, or wasteful care provided to Medicare beneficiaries who spend most of their Medicare dollars in the last year of life. Susan Hoben explains what we can all do on a personal level to get the care we want and reduce healthcare spending.
- **The default standard of care is “all necessary care”.** This is the case despite the fact that among those seniors who have taken the time to spell out for their physicians how they envision their final days, only two percent of respondents requested “all possible care.” Susan Hoben explains steps to make to ensure you or someone you love gets the care they want.
- **Is your loved one getting the care they want?** A study of patients who understood themselves to be terminally ill with advanced cancers found that only 17 percent of respondents expressed interest in “life extending” care, yet patients do not always receive the level of care they desire. Susan Hoben explains how to navigate the healthcare delivery system to make sure you or someone you love gets the care they want.
- **92% of people say that talking with their loved ones about end-of-life care is important.** 32% have actually done so. Susan Hoben discusses why it is important to define what dying well means on a personal level and how to talk to loved ones.
- **80% of people say that if seriously ill they would want to talk to their doctor about wishes for medical treatment toward the end of life.** 18% report having had this conversation. Susan Hoben discusses why it is important to define what dying well means on a personal level and how to talk with your doctors about the care you want.
- **97% of people think it’s important to put their end-of-life wishes in writing but only 37% have actually done it.** Susan Hoben explains what a healthcare directive is, how to create one, and why they’re necessary to guide care decisions made by you or on your behalf.
- **Choosing a healthcare proxy.** 70% of seniors will eventually become unable to communicate their care preferences so it’s important to *appoint a healthcare proxy* and to choose very carefully. Susan Hoben explains what a healthcare proxy is, why they’re necessary and how to choose one.

- **The focus on defeating death needs to shift.** The impact of modern medicine on our collective understanding of death has *shifted away from recognizing death as an unavoidable part of life*, towards viewing death as something that can be fought and defeated. As a result of this mentality, end of life care is often aggressive, expensive, and misaligned with patients' preferences. Susan Hoben explains the shift from the "sick" role and hoping for a cure to the "dying" role and hoping for the best quality of life, and what that means for patients and loved ones at end-of-life.
- **The high cost of healthcare.** Dr. Atul Gawande's appointment as the CEO of the Amazon-Berkshire-JPMorgan Chase healthcare partnership raises the possibility of a fundamental shift in the delivery of healthcare in America, including how we die. Susan Hoben discusses how the current healthcare system leads to higher costs and poorer outcomes for terminally ill patients, how to find what is best for you and your family, what physicians can do to better support their patients' end-of-life care, and what we should look for in choosing a physician.
 - **We as a society have not come to terms with dying as a natural part of living.** The technological capabilities of medicine have outstripped the moral capacity to distinguish what can be done versus what should be done. This results in end-of-life care that is often aggressive, expensive and not aligned with patient preferences. Far too many of us die in hospitals, in pain, isolated from their friends and families. There are institutional changes required to improve end-of-life care, i.e., restructuring the US payment system and policies to support palliative care provision and updating medical school curriculum to educate clinicians about end-of-life care. These are necessary components of a long-term solution, but institutions are slow to change. Susan Hoben discusses how, in the meantime, there are personal barriers to dying well, largely fueled by fear and lack of information, which can be addressed now.
- **Public figures such as John McCain, Barbara Bush, and Charles Krauthammer made public their decision to stop treatment and enter hospice.** Susan Hoben talks about how these prominent people can be role models for expanding a growing national conversation about how we die: What it means to "die well," and why the time to think about that is now; the barriers to "dying well"; the unexpected benefits of "dying well"; five steps to take to ensure you receive the end-of-life treatment you truly want

For more information or to schedule an interview with Susan Ducharme Hoben, please contact Anne Leedom at (310) 251-0218 or anne@anneleedompr.com

Talking Points

1. Death doesn't have to be traumatic. In death, as in life, there are choices we make that determine the quality of our existence. While we may not be able to control the cause of death, we do have control over many aspects of how we die.
2. Because we all face different circumstances, we will not all have the same definition of what it means to "die well". However, without defining and communicating what it means to us, it's less likely we will achieve what we want at the end. Although the early emphasis of healthcare directives has been on what treatments we don't want, it's just as important to define the physical, emotional and spiritual aspects of what we do want. What is a life worth living? What will we do to stay alive? How do we want to spend our last days or weeks or months?
3. There are steps we can take to achieve the end-of-life experience we want. We can prepare ourselves and our loved ones by creating and communicating health care directives. We can carefully choose our healthcare team and assert ourselves (or someone we designate) as the lead decision maker. We can understand our diagnosis/prognosis at each step of the way and act on what we learn. We can understand the process the body goes through as we face death.
4. There can come a time when we decide to switch from the "sick" role to the "dying" role, even though our healthcare system, with its emphasis on "curing" us, is not always supportive of that. That does not mean giving up hope, but simply redefining the goal and redirecting what we hope for, e.g., achieving a sense our life is complete, engaging with others, saying goodbye.
5. A good death also has huge benefits for those who are left behind. We were able to mourn my husband's passing but celebrate his life. My transition to becoming a widow was immeasurably eased by his compassion for others in the face of his own death.

For more information or to schedule an interview with Susan Ducharme Hoben, please contact Anne Leedom at (310) 251.0218 or anne@anneleedompr.com

Publication Date: March 2018

Contact: Anne Leedom

Ph: 310.251.0218 (Los Angeles)

anne@anneleedompr.com



Interview Questions for Susan Ducharme Hoben, author of Dying Well: Our Journey of Love and Loss

1. What does it mean to “die well,” and when should we be planning for it?
2. What are the barriers to dying well?
3. What steps should we take to ensure we receive the end-of-life treatment we truly want?
4. How can we successfully navigate the healthcare system to get the care we want at end-of-life? How do we assemble the right team? What role do we play in decision-making?
5. You talk about the terms, “sick role” and “dying role”. Can you explain what that means and why we should know about it?
6. You describe the last months of your husband’s life as being “some of the most celebratory, peaceful, and intimate we had shared during our forty-six years together.” Most people don’t think of death in those terms. How did you make the end-of-life joyous?
7. What did your husband’s death and his journey in the months prior teach you about living?
8. You believe it “takes a village” to die well. What do you mean by that and how does it translate into specific actions?
9. For many, illness and death are complex problems filled with many players, lots of moving parts, complicated new subject matter, and decisions that must be made with incomplete data. Unfortunately, complex problems do not solve themselves. Are there techniques you learned as an executive consultant with IBM that could help us when/if we are in this situation?
10. I understand you regularly practice yoga. Are there any lessons, either on or off the mat, that you found valuable when your husband was dying?

Publication Date: March 2018

Contact: Anne Leedom

Ph: 310.251.0218 (Los Angeles)

anne@anneleedompr.com



5 Ways to Cope with Your Loved One's Terminal Illness

Over 2.6 million Americans die every year, 1.2 million from cancer or heart disease. Far too many people die in hospitals, in pain, isolated from their friends and families. Although 90% of those on Medicare say they want end-of-life care at home, only one-third actually achieve it. Twenty-five per cent of all Medicare spending is for the five per cent of patients who are in their final year of life, with most of that money spent in their last couple of months for care which is often of little benefit.

Here are five secrets to help cope with the challenges of end-of-life:

1. Have "The Conversation". Talk with your loved one about what they want at the end of life and how you can help them. There are tools available to help them think through and document what they want at end-of-life.
2. Educate yourself about death. Confront your fear of the unknown. Learn about the body's orderly shutdown process that makes predictable what will happen and when. Knowing what to expect will help you feel more calm, confident and prepared.
3. Know what you're dealing with. Understand the diagnosis and what you can expect in terms of symptoms, treatments and time frames. You will feel more confident and in control as the illness progresses and critical decisions must be made.
4. Make the healthcare system work for you. You have a powerful role to play in helping your loved one navigate a complex healthcare system. Question your doctors. Know that an option is to decline treatments. Being in control will make you and your loved one feel more confident.
5. Engage hospice. My husband Bruce had hospice for just the last 10 days of his life. If I had known all that their nurses, social workers, and spiritual counselors did we would have started much earlier. They answered all our questions, ordered equipment and alerted us to when we could expect the physical and emotional changes that happened during Bruce's last days.

-More-

Susan Ducharme Hoben is an award-winning author of **Dying Well: Our Journey of Love and Loss** and renowned advocate for choosing the path of a peaceful end-of-life. Her insights challenge and inspire us to fundamentally shift our perspective on death. She is a sought-after media expert and has appeared on national media outlets, including NBC and ABC, and Sirius XM/Doctor Radio. Connect with Susan on [Facebook](#). To review additional articles and for more information on her work visit www.susanducharmehoben.com.

To book an interview with Susan Ducharme Hoben, receive a copy of *Dying Well: Our Journey of Loss and Love*, please contact Anne Leedom at 310.251.0218 (Los Angeles) or anne@anneleedompr.com

Publication Date: March 2018
Contact: Anne Leedom
Ph: 310.251.0218 (Los Angeles)
anne@anneleedompr.com



3 Secrets to Increasing Joy for Your Loved Ones at End-of-Life

End-of-life expert shares crucial secrets and offers practical tips

“I don’t know how to cope with this! It’s too much and I am paralyzed with fear and grief!” Is this running through your mind daily as you try to cope with your loved one’s diagnosis? If so, you are not alone. Modern society offers little to help families cope and create a peaceful and even joyful experience at end-of-life. Susan Ducharme Hoben, author of ***Dying Well: Our Journey of Love and Loss*** (Canton Press March 17, 2018), offers solid and powerful strategies to bring families closer during the chaos the often surrounds end-of-life. “Death is an experience we will all share,” according to Hoben. “We should focus on more than just muddling through. We should be living fully to the very end. It should be embracing joy and celebration.”

Hoben offers these 3 strategies to bring joy in the face of grief and chaos:

- 1. Invite friends and family on the journey.** Reach out to friends and family. What began as a regular email update that I wrote for family went viral in our extended network of friends. Over time my husband Bruce added his witty post scripts and eventually wrote the updates himself. He invited them to call, email or visit him. The responses flooded in.
- 2. Recreate treasured times.** Take a walk down memory lane, visiting your hometown. Take your children and grandchildren to a beach house for a week. The memories themselves, as well as the sharing of them, bring you all joy and comfort.
- 3. Gather to celebrate a life well-lived.** Be the guest of honor at your own “Irish Wake” where revelers can share laughter and tears. Their expressions of love and respect will stay with your loved one until the end and will stay with you for the rest of your life.

The final months can be some of the most celebratory, peaceful, and intimate experiences, as they were for me and Bruce, during our forty-six years together. My transition to being a widow was immeasurably eased by the joy we shared at the end of his life. The plus is that we have more time to say goodbye, to live fully and joyously until the end. Carpe Diem!

-More-

Susan Ducharme Hoben is an award-winning author of [**Dying Well: Our Journey of Love and Loss**](#) and renowned advocate for choosing the path of a peaceful end-of-life. Her insights challenge and inspire us to fundamentally shift our perspective on death. She is a sought-after media expert and has appeared on national media outlets, including NBC and ABC, and Sirius XM/Doctor Radio. Connect with Susan on [Facebook](#). To review additional articles and for more information on her work visit www.susanducharmehoben.com.

To book an interview with Susan Ducharme Hoben, receive a copy of *Dying Well: Our Journey of Loss and Love*, please contact Anne Leedom at 310.251.0218 (Los Angeles) or anne@anneleedompr.com

Testimonials

Dying Well: Our Journey of Love and Loss

EDITORIAL REVIEWS:

"Dying Well's account is a mix of love, sorrow, and practicality that is at the heart of what we, as a society, need to do to more normalize a process that modern medicine has tried so hard to shield us from."

~ Adam R. Silverman MD, FACP; Vice President, Population Health, Saint Francis Health Care Partners; Co-Chair, Care Decisions Connecticut

"This is a love story, but it is also an account of successful navigation of a complex medical system. Take a box of tissues and prepare to be touched and to learn many lessons that will serve you well when you or a member of your family is seriously ill or fatally ill and dying. Our society pushes death under the rug. The courage of Sue and Bruce Hoben includes a refusal to do so."

~ Henry Schneiderman MD, MACP; Section Chief, Geriatrics and Palliative Care, Saint Francis Hospital and Medical Center/Trinity Health of New England; Professor of Medicine, UConn Health Center; Professor of Medicine, Quinnipiac University School of Medicine; Clinical Professor, Nursing, Yale University

"Dying Well is not about illness, but about embracing reality at the end of life and making the necessary decisions that honor a life well lived. Sue Hoben takes us along with her and her husband, Bruce, on this last journey together as a couple after he has a terminal diagnosis. They approach this transition the same way they approached all of life's challenges—with heart and humor shaped by their deep love and respect."

~ Judy L. Mandel; New York Times best-selling author of Replacement Child: A Memoir

"This has been a difficult review to put together because it would be very easy to tell you not to read "DYING WELL: OUR JOURNEY OF LOVE AND LOSS" by Susan Ducharme Hoben. Not because the book is not compelling and well written, but because the story of Bruce Hoben's terminal cancer diagnosis is heart-wrenching and at times difficult to take in. While Susan, her husband, and their friends and family come to terms with the reality of Bruce's situation, readers are invited to share in the intimate and complex emotional landscape of the death of a beloved husband, father, and Pa. If you or a loved one has ever had cancer, or if you just want to read an uplifting portrait of a dignified death, then "DYING WELL: OUR JOURNEY OF LOVE AND LOSS" is an excellent book to pick up. But remember that this is a different kind of happy ending, and it will come with no shortage of heartbreak and tears. Susan Ducharme Hoben and her husband have given us the gift of intimate understanding, so readers can walk away from her book with an increased sense of compassion and empathy, with the tools necessary to ensure you can support your loved ones and yourself through complicated end-of-life decisions."

~ Philly Life and Culture

"Reading 'Dying Well' is not just about life and death but so much more. About family and relationships and savoring the joyous moments of life. . . . It's a lesson in dying and how to do it well; how to really live until the last moment of one's life when death is staring you in the eyes. This ensures there are no regrets and you have lived your life well. It's a must-read for anyone and everyone who has a family member with a terminal illness or is undergoing one, themselves. It gives you a perspective of how until death arrives, every moment of life is to be celebrated and made use of, with friendships fostered and relationships made even richer."

- *Reviewing Shelf*

"*Dying Well: Our Journey of Love and Loss* by Susan Ducharme Hoben is a touching memoir that recounts her feelings of love and loss in connection to her husband, Bruce. . . . This book handles the grieving process as something that you go through long term and even though preparations are made for the final moments of someone's life that there is still a shock when it does happen. *Dying Well* is something that I would recommend to those who are themselves grieving or coping with a diagnosis and handling how to move forward."

- *Nerdy Girl Express*

"This book presents many different practical options for end-of-life care and decision making. Susan did an excellent job in sharing end-of-life information in a non-threatening way. I feel like she took the 'scary' out of death planning. In the end, it is truly the person's life that should be celebrated. This book has the power to help anyone who is facing death and those they love realize what is most important at the end of life."

- *New Age Journal*

"Susan Ducharme Hoben shares a most heart-tugging experience in her memoir *Dying Well: Our Journey of Love and Loss*. I couldn't help but feel a myriad of emotions, from joy, to pain, hope, sadness, despair, even grief. Then at the end of the book came this peaceful calm realization that the choices that were made were the best that could have been made in those circumstances . . . Under the dark, heavy clouds of Bruce's impending demise, they went on a search of the silver linings. It's one of the few times I have read a book about death that radiates so much positivity. . . . Are you feeling sad, depressed, angry, or any of the myriad emotions that comes with having to deal with the passing of a loved one? I strongly encourage you to pick up this book. Susan has been there. She can empathize. And she does."

~ *OnlineBookClub.org*

"*Dying Well: Our Journey of Love and Loss* by Susan Ducharme Hoben is a heartwarming memoir with wonderful lessons on embracing life and the inevitable moment of death. Diagnosed with a terminal illness, Bruce knows his days are numbered, and this is horrible news for anyone. Instead of allowing anxiety and worry to set in, this courageous man looks towards the final moment with hope, love, and surrender, and does something that will surprise readers. What does it take to die in peace and serenity? How does one find meaning when they know their time is limited? In this story of love and inner freedom, we follow a man who transforms the last days of his life through gratitude for life, celebrating family and finding opportunities to spend quality time with his wife. . . . Instead of allowing the thought of death to negatively

affect the way he lived, Bruce learned to make meaningful decisions about his life and his family. . . . This is one of the most beautiful books I have read about dying and besides being a wonderful wife to a great man, this author has the gift for storytelling, captivating readers with her prose and nurturing their spirit with the wisdom of love in difficult times. *Dying Well: Our Journey of Love and Loss* will transform the way each of us lives and the way we prepare for our final moment. There is humor, there are powerful lessons, and there are moments that are filled with revelation.”

~ *Christian Sia for Readers' Favorite*

READER REVIEWS:

A powerful true story that anyone would benefit from reading...

“I didn't anticipate sitting down and reading *Dying Well* by Sue Hoben from cover to cover in one sitting. I also didn't anticipate that I would be crying and smiling at the same time so often throughout the book. From the very first page I was engaged thinking about the way in which we choose to view our lives, our relationships and our beliefs. I can't say I am confident I would have moved with the gracefulness that Bruce and his family did, although I am positive that after reading this book, I will never view dying the same way. *Dying Well* shares the message of what it means to live life fully. I highly recommend this book to everyone!”

~ *Scott Cork*

Her story has inspired me to think deeply about how I will handle my death and those of my loved ones...

“Sue Hoben & her husband lived the last months of his life with grace, wisdom, and even humor. Her story has inspired me to think deeply about how I will handle my death and those of my loved ones, and to follow her lead as much as I am able. The lessons here are ones I will keep with me forever.”

~ *Ruth Ann Woodley*

I feel better about dying...

“. . . I worked in palliative care for many years. . . . It didn't take long to notice a consistent pattern in how families were coping with their newfound reality. It felt like almost every family was experiencing such overwhelming denial and fear that they couldn't fully be there for their dying loved one. There was one exception and that particular experience changed me forever as it showed me how illness and the process of dying can be accepted and embraced with courage and grace and deep connection. When I read Sue's book, I was so excited to think of all the people who will benefit from it. Sue has given us a priceless gift by sharing her personal experience. It is my wish that everyone will read her story and feel more empowered when it comes to facing the challenges of saying good-bye to their loved ones.”

~ *Christine Korpan*

"Dying Well" is a book everyone needs. It's a subject we all need to explore and talk about...

“. . . It's not just a love story, but a story written to promote discussion about a subject that continues to make our culture uncomfortable; death. . . . Susan's experience proves it is possible to uplift each other, live to the fullest, even knowing the end of life approaches. Her story will bring tears along with a new understanding of the true test of walking with someone. This is a Must Read; from teens to Seniors! Allow Susan, Bruce and their entire family into your heart; you'll be so glad you did! After reading, "Dying Well", pass it along to someone you love and let us all continue (or begin) the conversation!"

~ Cheryl Karam

This book will leave you with a better understanding of what palliative care is...

"In Susan Ducharme Hoben's book, *Dying Well*, she addresses the profoundly human yet emotional experience of navigating through the end of life process with her late husband, Bruce Hoban. It is truly an open and honest book that speaks of the ups and downs of family, and of their profound and heartfelt journey, as they both take control and dictate the terms of how that process will unfold. This book will leave you with a better understanding of what palliative care is and provides thoughts on how we may want to navigate our own inevitable journey home."

~ Amazon Customer

End-of-Life love story...

"*Dying Well* is not just a story about a husband and wife who learn how to celebrate life while facing impending death. . . . In this nine-month journey, Susan shares the lessons learned as their family came to accept her husband's imminent death. The family found many ways to make the last stage of his life as warmhearted and happy as possible. Even though this book is about death and end of life, it is very uplifting, thought-provoking and offers different perspectives on dying. This book has the power to help anyone who is facing death and those they love to realize what is most important at the end of life. . . . This book presents many different practical options for end of life care and decision making. Susan did an excellent job in sharing end of life information in a non-threatening way. I feel like she took the 'scary' out of death planning. In the end, it is truly the person's life that should be celebrated."

~ Tosa Tot, Top Amazon Contributor in Health and Wellness

A celebration of life and love...

"If you found out today that you had run out of options to treat your highly aggressive cancer and you would, in fact, have a very short time left in this life, how would you respond? I'm not sure many of us could answer that and actually give a valid answer... Hoben wrote about her husband's experience and choice on how they faced his oncoming death to possibly help others in the same situation. . . . I applaud her strength in sharing her and Bruce's story so that maybe someone else can gain strength in the darkness. I'd like to think I'd be brave like Bruce and know when it was time to stop the fight and just enjoy what time I had left. . . . I believe that this book could be beneficial for families in similar medical situations who are seeking a supportive voice."

~ Jessica Radcliffe

An uplifting end-of-life journey...

"This book is an excellent resource for families who are facing end-of-life decisions. We will all have to face our own deaths and the deaths of loved ones. This book provides many important subjects to think about. Highly recommended!"

~ *Janette Fuller*

Great Reminder...

"We probably all spend a lot of time thinking about how we want to live our lives, and this very personal memoir invites us to give equal consideration to the ending of our stories. As a hospice volunteer, I very much appreciated the gentle reminder to treat death with as much respect and authenticity as we treat life."

~ *Beth van der Weerd*

"I downloaded this book as a friend was seeing her beloved husband slip away from cancer. This book is emotional and fascinating. It was positive, and courageous. I found the writing was well done. It is honest and heart wrenching. It teaches us to never give up living until life is over and that dying well is as important as living well. I am so thankful I read this book."

~ *Sheila Groves*

Inspirational...

"A beautiful and inspirational story not only of how to prepare for death but so many implications for how to live life! Highly recommended!"

~ *Diane Pomerantz, PHD, Clinical Psychologist*

"A truly excellent read, this book is well-written and very moving. It is as much a love story for life as it is a testament to a good death. When the author's husband receives his terminal cancer diagnosis, they along with extended family and friends truly make his "end days" (months) a positive experience. I enjoyed this book very much."

~ *Janice Bell*

"Plato, the ancient Greek sage, famously said that life is nothing more than a study on the phenomenon of death. Taking this into consideration, this wonderful and moving book by Susan Ducharme Hoben tries a philosophical approach to death as it describes the actions of a man who is diagnosed with cancer and finds himself confronted with the certitude of a prompt demise. . . . This is a book that should be read by all as it concerns each and every one of us."

~ *Dimitrios Passas*

"In *Dying Well*, Susan documents their time together and provides some of the best dialogue that I've read so far on this topic regarding end of life planning and family dynamics. While I recognize that this is another story about end-of-life planning written from someone that has access to great healthcare and the money to be with family that many do not have, I think this was a great addition to the growing pile of books on this topic. . . . I would definitely recommend this one for anyone looking to learn more about what end of life care can and should look like. It really highlights the importance of having these difficult conversations as early as possible."

~ *Keeley Frank*