



## Praise for *Awake at the Bedside*

“The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being. Cultivating a close, warmhearted feeling for others automatically puts the mind at ease. It is the ultimate source of success in life. *Awake at the Bedside* supports this development of love and compassion.”

—His Holiness the Dalai Lama

“Marvelous. A compilation of essential treasures exploring the face and feeling of utter engagement, compassion, and wisdom in turning toward death and being present with and for people who are dying. Our culture might benefit greatly from this book and its institutional implications for end of life care and for caring, period.”

—Jon Kabat-Zinn, author of *Wherever You Go, There You Are*

“This nourishing book, *Awake at the Bedside*, should be required reading for any compassionate caregiver engaged in fostering healing in themselves, clients, loved ones and society. It envisions revolutionary change in how we care for ourselves and the world.”

—Dr. Andrew Weil

“Moving and informative—this is a much needed book! Put into practice, the wisdom of *Awake at the Bedside* could transform end-of-life care in America. And, every reader will receive support from the collective understanding shared in these pages.”

—Sharon Salzberg, author of *Lovingkindness*

“*Awake at the Bedside* is a much needed companion on the path for the seriously ill and those who care for them. This book focuses on training people to focus their compassionate attention on the patient, to be with the patient, wherever they are, and then following the patient's lead to bring healing and wholeness. This is the essence of palliative care and our whole health care system needs a prescription for this medicine. I cannot recommend this book highly enough.”

Dr. R. Sean Morrison, Co-Director, Patty and Jay Baker National Palliative Care Center

“*Awake at the Bedside* brings together an extraordinary group of teachers who share their wisdom and insights into the great issue of our lives: how to understand the dying process in a way that allows for grace and peace as we transition into what for most of us is the great mystery. This volume will certainly be of help for accompanying others in their journeys as well as providing a deeper understanding of our own.”

—Joseph Goldstein, author of *Mindfulness*

“Profoundly moving, inspiring and helpful, *Awake at the Bedside* is a real treasure.”

—Jack Kornfield author of *A Path With Heart*

“*Awake at the Bedside* is a beacon in the dark night of our healthcare system today. It is a must read.”

—Donna Karan, fashion designer & Founder, Urban Zen Foundation

“Weaving together the wisdom of ancient traditions and the experience of those in the caring professions today, *Awake at the Bedside* is a deeply moving, poetic and practical guide to dying.”

—Stephen Batchelor, author of *After Buddhism*

“While there are many resources about caregiving and illness, this one handles the vital task of making sense out of difficult situations on a heart-and-soul level. The voices in this book dispel the fear that can come with facing the questions that accompany health challenges. The wisdom and simple presence of these writers can walk with those facing illness and death as they journey deeper to find truths in their own lives, minds, and hearts.”

—*Foreword Reviews*

“In *Awake at the Bedside*, Ellison and Weingast have created a book not about dying but about life, and what living has to teach us.”

—*Lion’s Roar*

“When Shakyamuni Buddha directed his mind to teach the Dharma and stood up from his seat under the bodhi tree, he said, “The gate of deathlessness is open.” Then he began to walk the path of birth, living, aging, sickness, and dying for the rest of his life with all living beings. Bodhisattvas are still walking the same path today. *Awake at the Bedside* shows how bodhisattvas are working in the modern times.”

—Shohaku Okumura, author of *Realizing Genjokoan*

“Palliative care is such a complex and emotional experience, both for the giver and the receiver of that care. How to do it consciously? How to do it with honor, acceptance, and surrender? I am grateful that *Awake at the Bedside* is now available. It provides the compassionate guidance so as to honor death with the same grace we do life.”

—Sean Corn, yoga teacher, activist and Co-Founder, Off the Mat, Into the World

“From poetry, meditation, and philosophical counsel to care-giving and care-receiving guidance, this profoundly moral book is a gift to all mortal sentient beings. The contributors’ list is a who’s who of the leaders in the end-of-life-care movement today. *Awake at the Bedside* is vital reading for anyone involved in the process of death—and that means everybody.”

—Janet Gyatso, Hershey Professor of Buddhist Studies, Harvard Divinity School

“An excellent collection of articles, stories and poems on the topic of contemplative palliative and end of life care. It is highly readable and very inspiring, giving a deep insight into the issues surrounding a field that one day will involve all of us, for as this book reminds us, we will all die. I recommend this not only to caregivers and those who have a loved one drawing close to the end of their life, but also to every one.”

—Tahlia Newland, meditation coach

“This is a truly lovely and loving book, a helpful treasury of deep wisdom about the great matter of death, appreciation of life. Here are healing guides to being present with the dying, with the survivors, and with yourself facing death wholeheartedly. These illuminating encounters with death provide deep intimacy into the heart of compassion and of a caring life.”

—Taigen Dan Leighton, author of *Zen Questions*

“A new paradigm is expressed here: death is as important a transition as birth, the journey that needs above all else love, presence, and listening. This book speaks eloquently to this new expansion of human compassion.”

—Dorothy Dai En Friedman, Zen teacher at Ocean Zendo

“Providing practical support, emotional resonance, and celebration of ordinary sacredness, this book isn’t about sickness or death—it’s about diving into the heart of life discovered when we truly meet another person.”  
—Acharya Judith Simmer-Brown, PhD, Distinguished Professor of Contemplative and Religious Studies, Naropa University

“Lucid, supportive and honest, this collection of stories, poems and practices is a perfect companion for providing loving support to those we care for, including ourselves. A rich and soulful reference book for families, caregivers and professionals.”  
—Michael Stone, Buddhist teacher

“This wonderful volume gives each of us the gift of wisdom and knowledge that will not only relieve our own anxiety and fear but will allow us to embrace what is at the end of the path and allow our own awakening.”  
—James R. Doty, MD, Founder & Director of The Center for Compassion and Altruism Research and Education (CCARE)

“As illustrated in *Awake at the Bedside*, the necessary and very human task of connecting with another in order to understand, support and provide care is one of the most important things to be learned from the practitioners and practices of contemplative care.”  
—Dr. Russell K. Portenoy, Chief Medical Officer, MJHS Hospice and Palliative Care & Executive Director MJHS Institute for Innovation in Palliative Care

“*Awake at the Bedside* is an essential book that points out the therapeutic power of being fully present and compassionate at the bedside of those who are dying.”  
—Dr. Mitchell Levy, FCCM, FCCP, Chief, Division of Critical Care, Pulmonary, and Sleep Medicine, Department of Medicine, The Warren Alpert Medical School of Brown University

“Finally a compendium that gets us above and below and behind the clinical science which narrows and dominates our understanding of death and dying and wellness.”  
—BJ Miller, Executive Director of the Zen Hospice Project

“*Awake at the Bedside* is balm for our frantic, fearful, and diseased race against death. It is a quiet feast of small portions—portions of poetry, wisdom, social context, and spiritual guidance. We are moved from suffering to peace, darkness to light, brokenness to wholeness. Bring it with you...”  
—Thomas R. Cole, PhD, University of Texas School of Medicine at Houston

“I am extraordinarily grateful for what this book provides. Filled with quiet insight based on years of experience and the study and practice of dharma, *Awake At Bedside* extends an intimate, wise and loving hand on behalf of those whose lives are presently coming to an end, and those who care for them. As our families and communities continue to age and die, this book will serve us well.”  
—Eihei Peter Levitt, Founder and Guiding Teacher of the Salt Spring Zen Circle in British Columbia

“This is the best book I’ve read on the end of life—not only what it means for a dying person but what it means for all of us. Reading it moved me to tears many times.”  
—David Loy, author of *Money, Sex, War, Karma*