



Death 101: A Workbook for Educating and Healing (Death, Value and Meaning)

Sandra Helene Straub

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The purpose of "Death 101: A Workbook for Educating and Healing" is to provide an understanding of dying, death, and bereavement that will assist individuals to cope better with and understand their own death and the death of others. It enables us to examine cultural attitudes and assumptions about dying and death.

"Death 101" introduces the dying process, grief work, and ethical and legal issues while providing personal insight and sensitivity. The workbook is meant as a supplement to textbooks on dying and death, to accompany the academic material necessary to increase our knowledge about death education. At the same time, it is intended to be an independent method of working through loss, a personal guide for the journey through grief.

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