



A Good Death

Book Review

~ By Kellie Cooper-Smith

Margaret Rice is on a mission to ignite conversation on death and dying!

Margaret is a Journalist, blog writer, feature writer and collaborator. This book is written in a gentle way, filled with information and advice on how to provide care and make important choices for those you love when they reach end of life.

Most of us are brought up to not discuss death and as a result most of us are unprepared for the inevitable.

Margaret's book "*A Good Death*" is a wonderful and gentle read aimed to answer those questions which we may ask our self from time to time; What happens when someone dies? Where will I die? What do I need to prepare? These are just a few topics that are addressed in this wonderful book, along with Margaret's personal account of her mother's death and being a companion at her mother's bed side.

"*A Good Death*" is there to comfort the carer and the dying. It is your guide to valuable resources and lived experience as you navigate death and palliative care. Margaret offers practical information and shines a light to help you through one of life's most difficult journeys.

This book is refreshing and honest, and best of all it relates to our health system here in Australia. I found this book to be beautifully set out, easy to read and refer to. "*A Good Death*" is a must read for everyone!

