

THE GOOD DEATH STARTER MEDIA LIST



SOURCES TO INSPIRE CONVERSATION AND ASSIGNMENTS



The Order of the Good Death (website)

<https://www.orderofthegooddeath.com/>

The Order of the Good Death website was created by Caitlin Doughty, with the mission of increasing awareness surrounding death, dying, and bereavement. The website provides access to various resources, such as articles, videos, podcasts and more for people who are interested in learning more about these topics.



One Man's Quest to Change the Way We Die by B.J. Miller (article)

<https://www.nytimes.com/2017/01/03/magazine/one-mans-quest-to-change-the-way-we-die.html>

Jon Mooallem shares the experiences and work of B.J. Miller, a physician who experienced a life-altering incident in college. The article details Miller's current work, which is developing a zen hospice to offer an alternative to dying in a sterile, impersonal, and often uncomfortable hospital setting.



When Breath Becomes Air by Paul Kalinithi (book)

Paul Kalinithi writes about being diagnosed with, treated for, and eventually dying from lung cancer. In this memoir, Kalinithi reflects on his experience as he explores themes of identity, confronting mortality, legacy, and healthcare systems.



Perspectives on Death by Crash Course (video)

<https://youtu.be/mjQwedC1WzI?si=m0Lk7mfueGGnrLwa>

Crash Course breaks down major philosophies that are commonly used to acknowledge and live with the idea of mortality. This video helps explain famous philosophers' contribution to this field, the logic behind fear of death, and terror management theory. Through explaining the history and logic behind these thought patterns, this video provides viewers with insight into the human psyche as it pertains to the idea of death.



On Death and Dying by Elizabeth Kübler-Ross (book)

Elizabeth Kübler-Ross uses her real-life experience with terminally ill patients to write about experiences with death and dying. This book introduces the five stages of grief, and helped to bring the topic of death to society. Throughout the book, Kübler-Ross explores themes of emotional and psychological experiences regarding to death and dying.



My Mushroom Burial Suit by Jae Rhim Lee (TedTalk)

<https://youtu.be/mjQwedC1WzI?si=m0Lk7mfueGGnrLwa>

During this TedTalk, Jae Rhim Lee describes a project she is working on called the mushroom burial suit. This suit is an alternative method to body disposal that is more environmentally friendly. This speech explores themes of sustainability and the funeral industry, as well as acceptance of death.



Extremis by Dan Krauss (documentary)

This documentary, created by Netflix, shows what an average workday for hospital workers look like. The documentary takes place in the intensive care unit, and show cases difficult moments for both patients and doctors within the hospital. The documentary highlights the issues and gaps within the healthcare system, specifically focusing on communication, intensity, decision-making, and more.



How Fear of Death Drives Our Behavior by NPR (podcast)

<https://www.npr.org/2019/09/13/760599683/were-all-gonna-die-how-fear-of-death-drives-our-behavior>

This podcast episode covers Terror Management Theory. The host talks to a leading scholar in Terror Management Theory to learn about the evolution of theory, the implications it has in everyday life, and the response scholars received after proposing the theory. The podcast discusses death avoidance and how Terror Management Theory relates to this.



"Am I Dying?" The Honest Answer by Matthew O'Reilly (TedTalk)

<https://youtu.be/mjQwedC1WzI?si=m0Lk7mfueGGnrLwa>

In his TedTalk, Matthew O'Reilly speaks about his time spent as an EMT. Through navigating difficult encounters with patients that are dying, he has developed an understanding and appreciation for people experiencing the final moments of their lives. This TedTalk discusses themes of end-of-life moments, and the delicate balance first responders must have during these moments.



A Death Worth Dying by Alexa Rollow (article)

<https://lifeworthliving.yale.edu/resources/a-death-worth-dying>

This article, written by Alexa Rollow, provides an explanation for the Yale Life Worth Living project. In addition to sharing information about the project, this website also provides resources and reflections for people curious about death, dying, bereavement.



Why Thinking About Death Helps You Live a Better Life by Alua Arthur (TedTalk)

<https://youtu.be/mjQwedC1WzI?si=m0Lk7mfueGGnrLwa>

Alua Arthur delivers a TedTalk that focuses on her experience and work as a death doula. She explains how she got into the field, the importance of thinking of death, and what she has seen in her work. The video explores themes of death avoidance in everyday life and the consequences it has for society.