

# LIFE, LOVE AND TRANSITION

Based on her natural intuitive abilities and her bedside experience as a hospice nurse, *Life, Love and Transition* is Suzanne O'Brien's guide to achieving a dignified, meaningful death through the hospice experience. Suzanne clarifies the spiritual aspects of the transition to death and helps readers realize that death is not a taboo subject, but rather one for frank discussion and thoughtful advance planning. Her broad experience in hospice care and her deep empathy for patients and caregivers give this book warmth and depth. Discover how Hospice can bring meaning and fulfillment to the end of life transition for patients and families alike:

- Quality of, not the number of, days until the end of life
- Holistic approach for the body, mind and spirit
- Caring, not curing: how hospice can avoid intrusive procedures that can be painful and futile, while preserving end of life dignity
- Why dying is just as important as being born: a time to provide love and compassion, making death an equally positive experience
- Valuable, practical advice on how to get the most from hospice—from pain management to home care logistics
- Patient stories illustrate how the end of life can be peaceful, spiritual and beautiful

SUZANNE O'BRIEN, RN, is an experienced hospice nurse, hospice advocate, and motivational speaker. Trained in both conventional medicine and spiritual and alternative healing, she brings a holistic approach to hospice care. Suzanne uses her medical training and natural gift of empathy to help her patients and families make the transition from life to death through the final months, weeks, or days, making sure their physical, emotional, and spiritual needs are being met.



<http://lightenup444.com>

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Lighten up!

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## Guidance for the End of Life



Author of *Take Charge of Your Health*  
Suzanne O'Brien, RN