



How We Die: Reflections on Life's Final Chapter

Sherwin B. Nuland

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Attempting to demythologize the process of dying, Nuland explores how we shall die, each of us in a way that will be unique. Through particular stories of dying--of patients, and of his own family--he examines the seven most common roads to death: old age, cancer, AIDS, Alzheimer's, accidents, heart disease, and strokes, revealing the facets of death's multiplicity.

"It's impossible to read **How We Die** without realizing how earnestly we have avoided this most unavoidable of subjects, how we have protected ourselves by building a cultural wall of myths and lies. I don't know of any writer or scientist who has shown us the face of death as clearly, honestly and compassionately as Sherwin Nuland does here."--James Gleick

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