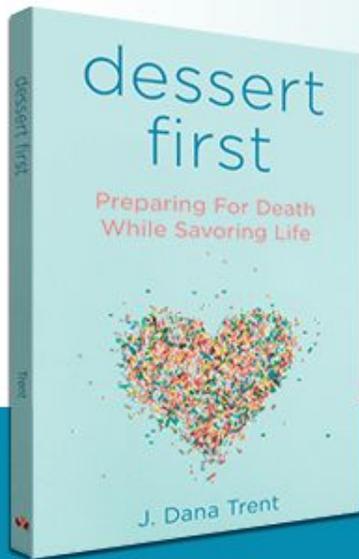


# Life is short. Eat dessert first.



“In this disarmingly forthright and often funny book, Dana Trent reminds her readers that we’re all terminal, and we’ll all ride the grief train sooner or later—so why not start the conversation now?”

— Barbara Brown Taylor, author of *An Altar in the World*



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## Are you ...

- Grieving the loss of a loved one and need support?
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- Wondering what makes a “good death”?
- Caregiving for loved ones and need assistance in planning for the reality of death and grief?

What if we embraced death as a meaningful destination on the journey, rather than a dreaded landmark? How would that change the way we think about death, dying and grief ... and how we live, right now? [\*\*\*Dessert First: Preparing for Death While Savoring Life\*\*\*](#) is a new resource from Chalice Press by “Grief Guru” J. Dana Trent that reframes death and grief adults at every stage of life.

In the year she served as a chaplain in a hospital “death ward,” Trent accompanied more than 200 people—and their families—on their passage from life to death. *Dessert First* gathers those stories and lessons, as well as others learned from the year she spent with her own dying mom, to illuminate the complexity of death and grief, and how we all might better prepare for a “good death.” *Dessert First* is a deeply personal, touching, and sometimes even humorous look at death and dying, and the ways we cope and create meaning for the inevitable end of life. Final chapters include religious, spiritual, practical, and legal resources for the reader and their loved ones.

### **This book is ideal for:**

- The growing number of U.S. adults interested in talking about death from a practical and spiritual framework.
- Faith community studies, small groups, continuing education, civic groups, book clubs, Death Cafés
- End-of-life care planning for families, as well as individual, personal guide to planning.

### **Key Features of This Book:**

- Vignettes that examine the meaning and complexity—and sometimes—humor of death and grief, as well as practical resources to help the reader begin with the end in mind.
- Compelling stories from the author’s personal experience as “The Death Chaplain”
- Religious, Spiritual, Practical, and Legal Resources for the Reader

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### About The Author

**Rev. J. Dana Trent** is a graduate of Duke Divinity School and professor of World Religions and Critical Thinking at Wake Tech Community College. An ordained Baptist minister and former hospital chaplain, her work has been featured on Time.com, Religion News Service, Religion Dispatches, as well as in *The Seattle Times*, *Sojourners*, and *The Christian Century*. Dana is also the award-winning author of books on wholistic wellness and multi-faith spiritual practices: *One Breath at a Time: A Skeptic's Guide to Christian Meditation*, *For Sabbath's Sake: Embracing Your Need for Rest, Worship, and Community*, and *Saffron Cross: The Unlikely Story of How a Christian Minister Married a Hindu Monk*.

