



## FOR IMMEDIATE RELEASE

Friday, August 22, 2008:

### PIONEER OFFERS INSIGHT AND GUIDANCE TO END-OF-LIFE CARE

*Santa Fe, New Mexico*—Noted author, anthropologist, and Zen priest, Joan Halifax, PhD, offers the fruits of her many years of work caring for the dying in this practical and inspiring book, *Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death* (Shambhala: July 29, 2008), which includes a foreword by Dr. Ira Byock, author of *Dying Well*.



Inspired by traditional Buddhist teachings, this book is a source for all those who are charged with a dying person's care, facing their own death, or wishing to better understand the transformative power of the dying process.

Halifax offers lessons from dying people and caregivers, as well as guided meditations to help readers contemplate death without fear, develop a commitment to helping others, and transform suffering and resistance into courage.

A renowned pioneer in the care of the dying, Joan Halifax founded the Project on Being with Dying, which helps dying people face death with courage, and trains professional and family caregivers in compassionate and ethical end-of-life care.

**Dr. Joan Halifax** is a Zen priest and anthropologist who has served on the faculty of Columbia University, the University of Miami School of Medicine, the New School for Social Research, and Naropa University. For forty years she has worked with dying people and has lectured on the subject of death and dying at Harvard Divinity School, Harvard Medical School, Georgetown Medical School, and many other academic institutions. The author of *The Fruitful Darkness* and co-author of *Buddhist Acts of Compassion*, Halifax founded the Upaya Zen Center, a Buddhist study and social action center in Santa Fe, New Mexico.

**Dr. Ira Byock** is the director of Palliative Medicine at Dartmouth-Hitchcock Medical Center and teaches at Dartmouth Medical School. He is the author of *Dying Well*.

*Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death*

By Joan Halifax; Foreword by Ira Byock

Death, Grieving, Bereavement | US \$22.95 CAN \$25.95 | Hardcover | ISBN: 978-1-57062-469- |

On Sale: July 29, 2008 | Shambhala Publications, Inc. | Distributed by Random House

For more information about Roshi Joan Halifax please visit [www.upaya.org](http://www.upaya.org).

Advance praise for *Being with Dying*:

“This compelling, brave, and wise book draws from a lifetime of remarkable work with people at the end of life.”

— Andrew Weil, MD

“This book is a gift of wisdom and practical guidance for living.”

—Ira Byock, MD, author of *Dying Well* and *The Four Things That Matter Most*

“A moving meditation on palliative care . . . Joan Halifax’s supremely readable book will attract readers of all faiths who will appreciate her clarity and compassion.”

—*Publishers Weekly*

**INTERVIEWS AND IMAGES AVAILABLE UPON REQUEST**

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