



## daily GOOD

Grief and joy and love -- it's all part of the same spectrum. I'm grieving because I loved someone so much. --Maryanne O'Hara

### Death Doulas Provide End of Life Aid

"The word 'doula' comes from the Greek word meaning 'woman who serves,' though most people associate it with someone who helps during birth to usher in life. In recent years, however, more people have come to recognize the need for as much assistance at the end of life as the start, part of the so-called death positivity movement that is gaining momentum in the United States and other countries. The movement, popularized by the mortician and writer Caitlin Doughty, encourages open discussion on death and dying and people's feelings on mortality." This piece from the New York Times shares more.

### Be The Change:

For more inspiration read this interview Frank Ostaseksi: Lessons to the Living from the Dying.