



Peaceful Passage

The Essential Guide to Navigating the Emotional Storms and Daily Logistics of an At-Home, End-of-Life Journey

Counselor Dr. Kim West had written *Peaceful Passage*, a detailed how-to book (which I titled/subtitled) to guide caretakers through the emotional turmoil and day-to-day logistical details of caring for a loved one at the end of their lives. Based on her own firsthand experience caring for her own mother during her final months of life, the book was a blueprint to help others follow her path.

The back cover copy needed to explain the promise of the book – to help others navigate an experience that could be both an enormous challenge *and* an enormous blessing. Here's what we came up with...

YOUR LOVED ONE IS DYING...YOU'RE OVERWHELMED...

THE COUNTLESS DAY-TO-DAY LOGISTICAL DETAILS...
THE EMOTIONAL UPS AND DOWNS...ALL THE HOSPICE ARRANGEMENTS...
AND ON TOP OF IT ALL, WHO'S TAKING CARE OF YOU?

Taking care of a loved one on their final journey can be one of the richest, most life-affirming experiences you'll ever have. And perhaps the hardest one you'll ever go through. There's far more involved than just hospice details and your loved one's constant physical and emotional needs. There are your needs as well – as your "regular" life obligations collide head-on with this potentially all-encompassing commitment.

Enter *Peaceful Passage*, a true labor of love from professional counselor Kim West. West was at her mother's side during her last months of life, and chronicled the whole process in order to provide a comprehensive and proven blueprint for others to follow.

IN THE PAGES WITHIN, YOU'LL FIND PRACTICAL GUIDELINES FOR:

- **Determining first steps once you've heard the news**
- **Charting a course with hospice as your partner**
- **Dealing with your loved one's emotional roller-coaster**
- **Navigating demands of marriage, family, children and career**
- **Handling the daily, ongoing physical challenges and demands**
- **Confronting common fears and unresolved emotional issues**
- **Working through inner conflicts around faith and God**
- **Managing the myriad post-passage details and arrangements**
- **Finding closure, returning to routine and reflecting on the journey**

Unlike other books that focus on one part of the process, *Peaceful Passage* is your essential, all-in-one guide to handling every aspect of this often heart-wrenching and heartwarming journey.

Please hold space for a blurb

Kim West holds a PhD. in counseling, and has been a teacher, writer, Licensed Clinical Pastoral Counselor and Certified Christian Marriage and Family Therapist for years. *Peaceful Passage* represents a merging of years of life and counseling experience with new skills acquired as the primary caregiver during her mother's final journey.

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