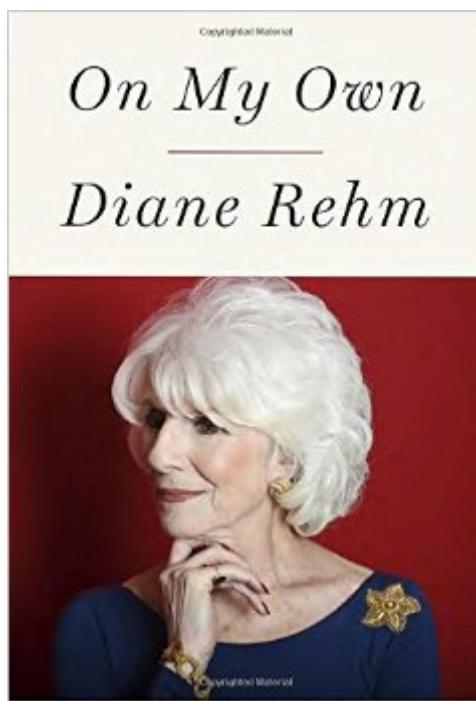


The book was found

# On My Own



## Synopsis

In a deeply personal and moving book, the beloved NPR radio host speaks out about the long drawn-out death (from Parkinson's) of her husband of fifty-four years, and of her struggle to reconstruct her life without him. With John gone, Diane was indeed on her own, coping with the inevitable practical issues and, more important, with the profoundly emotional ones. What to do, how to react, reaching out again into the world "struggling to create a new reality for herself while clinging to memories of the past. Her focus is on her own roller-coaster experiences, but she has also solicited the moving stories of such recently widowed friends as Roger Mudd and Susan Stamberg, which work to expose the reader to a remarkable range of reactions to the death of a spouse. John's unnecessarily extended death "he begged to be helped to die" culminated in his taking matters into his own hands, simply refusing to take water, food, and medication. His heroic actions spurred Diane into becoming a kind of poster person for the right to die • movement that is all too slowly taking shape in our country. With the brave determination that has characterized her whole life, she is finding a meaningful new way to contribute to the world. Her book "as practical as it is inspiring" will be a help and a comfort to the recently bereaved, and a beacon of hope about the possibilities that remain to us as we deal with our own approaching mortality.

## Book Information

Hardcover: 176 pages

Publisher: Knopf; 1st edition (February 2, 2016)

Language: English

ISBN-10: 1101875283

ISBN-13: 978-1101875285

Product Dimensions: 5.9 x 0.7 x 8.6 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (135 customer reviews)

Best Sellers Rank: #25,491 in Books (See Top 100 in Books) #2 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease #58 in Books > Self-Help > Death & Grief > Grief & Bereavement #60 in Books > Self-Help > Relationships > Love & Loss

## Customer Reviews

Diane Rehm tells us "I don't believe in closure, some part of me will grieve forever." In the first year of grief, after her husband, John, died, Diane Rehm shares with us her personal loss. A lifetime of

memories, the good and the bad, the times of her life. Down the path of grief, loss and finding oneself alone and moving on. Diane and John Rehm were married for 54 years, they had two children, a mostly loving marriage. He was a lawyer for the State Department, and Diane is the host of the NPR, 'Diane Rehm Show'. How often I have listened to this NPR program, with such brilliant discussions on every topic imaginable. I have learned a lot listening to this program, and I have learned from Diane Rehm as she tells us her story of her marriage and her husband's death. John Rehm had Parkinson's Disease, and at a point in the disease he could not care for himself and entered a facility for care. His disease progressed, and there came a time when he was unable to complete any personal task for himself and he had had enough and wanted to die. They lived in Washington, DC, and their doctor could not assist John with his death. What John could and would do was to stop eating, drinking and stopped all his medications. He was not in pain and was kept comfortable, but it took 10 days for him to die. Since that time Diane has become a strong advocate for 'The right to die debate.' In the first year we hear how Diane coped everyday. Several friends who were widowed and widowers give their input into how they have lived their lives after the death of their spouse. The holidays, the anniversaries, the parties, the social events that one must attend alone. The grieving that does not end, missing John becomes evident as each day passes.

[Download to continue reading...](#)

Homesteading for Beginners: Self-sufficiency guide, Grow your own food, Repair your own home, Raising Livestock and Generating your own Energy (Homesteading, ... Start Your Own Corporation: Why the Rich Own Their Own Companies and Everyone Else Works for Them (Rich Dad Advisors) Create Your Own Operating System: Build, deploy, and test your very own operating systems for the Internet of Things and other devices The Home-Based Bookstore: Start Your Own Business Selling Used Books on , eBay or Your Own Web Site Step By Step To Your Own Domain And Webhosting: Tips and tricks for registering your own domain name and connecting it with your webhosting provider (Step By Step Booklets Book 1) How to Plan, Contract, and Build Your Own Home, Fifth Edition: Green Edition (How to Plan, Contract & Build Your Own Home) The Homesteading Handbook: A Back to Basics Guide to Growing Your Own Food, Canning, Keeping Chickens, Generating Your Own Energy, Crafting, Herbal Medicine, and More (The Handbook Series) Homesteading for Beginners: How to Grow Your Own Food, Raise Livestock, Repair Your Home Yourself and Generate Your Own Power 3D Modeling and Printing with Tinkercad: Create and Print Your Own 3D Models PiBot: Build Your Own Raspberry Pi Powered Robot 2.0 - Revised and Updated Advent and Christmas Wisdom from Henri J.M. Nouwen: Daily Scripture and Prayers together with Nouwen's Own Words Lent and Easter Wisdom from Henri J. M. Nouwen: Daily

Scripture and Prayers Together with Nouwen's Own Words (Lent & Easter Wisdom) Kwanzaa (On My Own Holidays) Inexpensive 3D Printer Projects: How to build your own 3D printer and accessories Build Your Own PC Do-It-Yourself For Dummies Start Your Own Computer Business: Building a Successful PC Repair and Service Business by Supporting Customers and Managing Money Build It. Fix It. Own It: A Beginner's Guide to Building and Upgrading a PC askGabe about Creating a Website: Do-It-Yourself Secrets and Strategies to Designing and Building Your Own Static and Dynamic Websites for the Lowest Cost ... (Second Edition) (The askGabe Series) How to Build Your Own Website With Little or No Money: The Complete Guide for Business and Personal Use (How to Open and Operate a Financially Successful...) Home Based Business Escape Plan: How To Make \$10,000 Per Month With Your Own Part-Time, Online Lifestyle Business: Home Based Business Ideas (Home Based Business Opportunities)

[Dmca](#)