



One Last Day: From fear and loss to acceptance and gratitude

PhD, Dawn Starrett

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In this debut memoir, a widow recalls her husband's life and tragic death. The story takes place over 20 years, yet only 24 hours transpires from the beginning to the end of the story. The author describes meeting her husband and their experiences living in Las Vegas. The couple encouraged and supported one another in their educational aspirations, and both doggedly pursued and received advanced degrees. The couple also faced great adversity, but these are balanced with tales of her family's happier moments. The husband's resolute, courageous spirit and her unflappable fortitude propel the story towards its inevitable, tragic conclusion. Mitch Albom's Tuesdays with Morrie explores loss and acceptance of a professor as told to his student. This book is a more personal tale of how a terminal illness can affect a couple and a family. Throughout the story one is reminded of how life has many unexpected twists and turns. The adversity and change the couple experiences are similar to the challenges many couples experience as they learn and grow throughout their married life. Those who are exploring spirituality, death and dying, coping with challenges, or life as it unfolds for one family are likely to enjoy this book.

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