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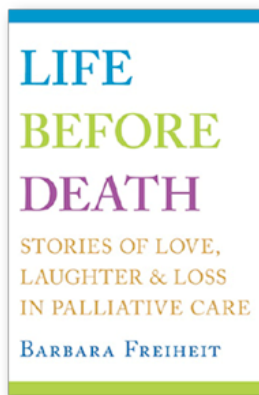
## LIFE BEFORE DEATH

*Stories of Love, Laughter and Loss in Palliative Care*

By Barbara Freiheit

**“Barbara Freiheit’s boldly honest and affectionately humorous chronicle ... is as educational as it is entertaining. With her intuitive, empathic understanding, she bears witness to what is arguably the most critical period in her patients’ lives.”**

-Dr. Annette Granich, MD, FRCP, Associate Professor,  
Department of Psychiatry McGill University Health Centre



Inspired by over 20 years as a volunteer in a palliative care unit, Barbara Freiheit’s *Life Before Death: Stories of Love, Laughter and Loss in Palliative Care* (Liberty Books, November 2014) pulls aside the bed curtain and reveals how, when facing death, people often continue to be curious, joyful, and engaged in life, right up until their final breath.

Canada’s senior population increased by 57.6%, between 1992 and 2012 according to StatsCan. Seniors now represent 15% of the population. And as that segment grows, sooner or later we are all touched by the loss of loved ones.

These riveting stories explore the joys and sorrows that patients and their families face; some with humour, some with anger, and others with acceptance. With sensitivity and compassion, Freiheit shares the many stories she has come upon — of roommates who become great friends, how a piece of music can make a difference, or how a visit from an animal can ease and enrich the last days of life.

In *Life Before Death* Freiheit walks us through the hospital corridors with a calm and steady hand, reassuring us that we need not turn away for fear of being sad. In her stories she reveals how the richness of life can be savoured until the very end.

**Barbara Freiheit** holds a degree in psychology from McGill University, a teaching diploma from Macdonald College, and a music degree from École de Musique Vincent d’Indy. She has worked as a volunteer in palliative care for over twenty years.

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Title: *Life Before Death: Stories of Love, Laughter and Loss in Palliative Care*  
Author: Barbara Freiheit  
URL: [lovelaughterloss.com](http://lovelaughterloss.com)  
Publication: November 2014  
Price: \$16.95 CDN  
Specifications: 5.5”x 8.5”, 190 pages, trade paper  
ISBN-13: 978-0-9938742-0-8