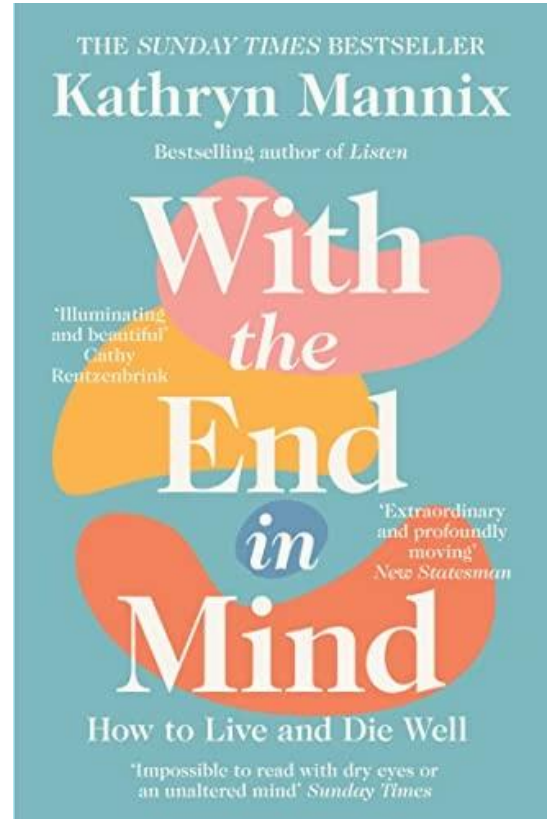




A Seasonal Reads special edition 1st November 2025 to 31st January 2026

NHS Grampian's Spiritual Care Team invites you to explore the *With the End in Mind* by Kathryn Mannix

Gentle, compassionate stories that help us reflect on dying - and living - with peace and understanding.



Get the Book

Borrow from your local public library, try your local bookshop or buy second hand.

And/Or Explore Alternative & Additional Resources

https://www.ted.com/talks/kathryn_mannix_what_happens_as_we_die

<https://audioboom.com/channels/4941503-the-dying-matters-podcast>

<https://www.kathrynmannix.com/>

Join the Conversation

- **Chat about the book (and the ideas within the book)** opens on 8 December in the Seasonal Reads MS Teams channel (email cornhill.library@nhs.scot for access link)
- **Live lunchtime Teams event** with Prof. Tim Morgan – 1pm on Thursday 29th January (email cornhill.library@nhs.scot for joining link)

Open to all NHS Grampian and Health & Social Care staff

Whether you've read the book, explored related resources, or are simply curious, join in the conversation

Contact cornhill.library@nhs.scot for more on NHSG Libraries Book Blether and Seasonal Reads