

# Losing Helen

*author: Carol Becker*

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## Synopsis

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authoriř	Carol Becker
readByiř	Nancy Bober
inLanguageiř	english

*Losing Helen* is a first-person narrative essay by Carol Becker of a daughter's profound journey through the many phases in the process of losing her 98-year-old mother. As an only child, she must assume complete responsibility for the often absurd but necessary planning that illness and death require. At the same time, she must struggle with her overwhelming grief and confusion, trying to make sense of her mother's life and her own. As she gradually comes to accept the inevitable loss, she focuses instead on finding ways to ensure a dignified and respectful passage, designing an end-of-life experience that is meaningful and sacred for them both.

## Reader's comments

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comment 1:

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