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Death is a Day Worth Living

Ana Claudia
Quintana Arantes



A morte é um dia que vale a pena viver

E um excelente motivo para se buscar
um novo olhar para a vida

Ana Claudia Quintana Arantes. 2023 (Brazilian Edition 2016). Broadleaf Books. 222p.

Dr. Quintana Arantes is a Brazilian doctor and writer trained in geriatics with a wide experience in palliative care. She feels “a dignified death should be within the reach of everyone”.

Her book, initially published in Brazil, has been translated into multiple languages. In sharing multiple stories, interweaved with poetry, drawings, metaphor, and pragmatism, she affirms how end of life planning and care can improve life at all levels.

In 2010, Brazil was considered by The Economist to be the third worst country in the world to die (with 180 palliative care services compared to more than 4,000 in the USA), giving some idea of the challenge facing Dr Quintana Arantes and her dedication.

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