



The In-Between: Unforgettable Encounters During Life's Final Moments by Hadley Vlahos, RN

Reviewed by Caitlyn



Not part of a series

Biography, Autobiography (memoir)

Give a summary without spoilers!

Hadley Vlahos writes about her experience working in hospice, and she describes “the in-between” as the time in a person’s life when they are alive, but death is right there. Structured around her patients, the story addresses the intense and often unexplainable gray zones that come along with caring for people at the end of their lives. Through her narration of her journey in end-of-life caregiving, Hadley also delves into some of the more emotional things she’s witnessed as her patients die and explores the impactful relationships she’s made along the way.

What drew you to this book?

When I chose to read this book, I was hoping that it would enlighten me on the subject of death and help me with the process of dealing with it when the time comes. And it did just that. Also, my desire to learn about hospice and the meaning of what the author describes as “the in-between” made me very eager to delve into this book.

Did it remind you of something that you’ve previously read?

I typically stray away from non-fiction, especially works with medical topics, but I branched out when choosing this book.

To whom would you recommend this book?

This book is great for people who want to better understand hospice and the end of life, which can also help them learn more about medicine and healthcare. Aside from being educational, this story is incredibly inspirational for anyone reading it.

Overall, did you like it and would you recommend it to others?

This book was absolutely amazing and I loved everything about it. I would definitely recommend this book to anyone, because for me I didn't even know what hospice was when I first started reading, and now I have so much respect for the workers in that field.

Anything else that you would like to add to this review? What made you choose it? Did you like the cover? Was it recommended to you? Did you find it at the library?

The primary reason I chose this book is because my grandma recommended it to me. She earned a BA in chemistry and went on to earn a PhD in human physiology. So if she was able to enjoy it just as much as I did, then this book is not limited to a specific kind of person.