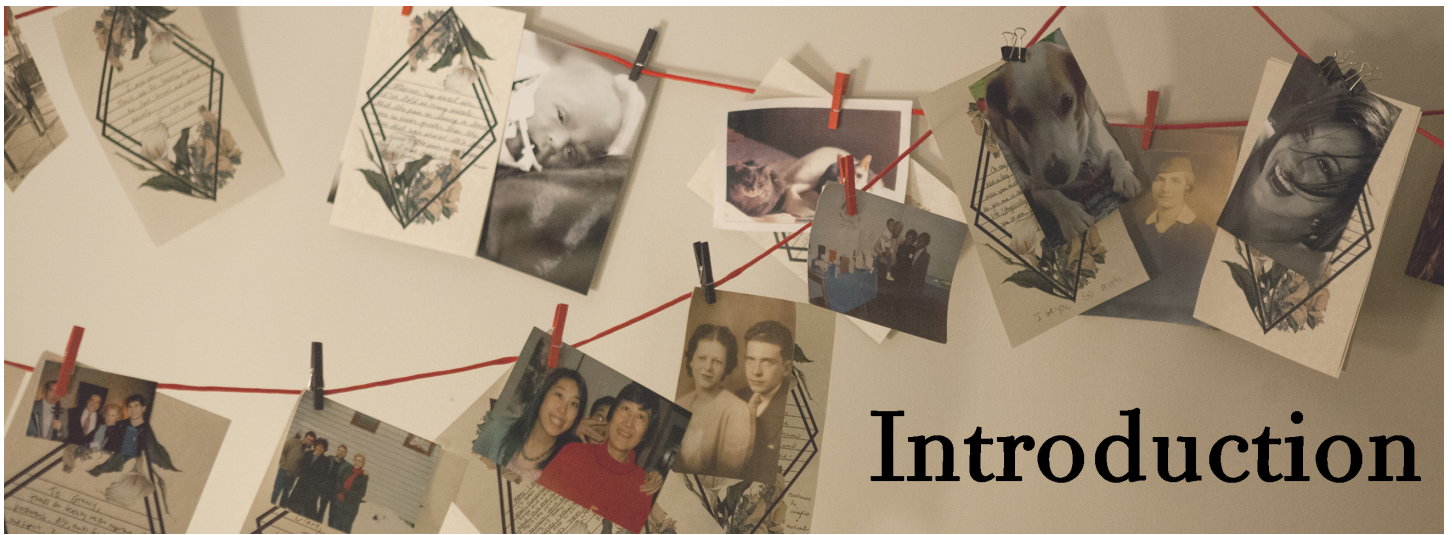


The End:

A Syllabus of Sources





Introduction

Welcome to *The End: A Syllabus of Sources*. This document is a collection of the many writings, artworks, history, memoir (and more) cited in Swim Pony's *The End*, a month-long artwork exploring mortality by blending immersive theater and alternate reality game.

We, the gamemakers of *The End*, believe that the stigma and anxiety associated with death can create feelings of helplessness and powerlessness. We believe, too, that there are few opportunities to consider our eventual end until we must face it imminently. As such, we made this work to create a context for this understanding and have worked to create an experience that allows audiences space for such reflection.

The End is a contemplative and interactive work that asks how we live differently when we are consciously aware we will die. It is an opportunity to engage in small daily examinations of our fears about mortality, to become brave in the face of them, and by thinking about what is wanted out of life, to make the most of the time we have left.

Research was a massive part of the developmental process of the game. Death is a vast topic and we aimed to get as broad an understanding of it as possible. Our dramaturgy covered everything from the science of what happens in a dying body to creative works portraying embodiments of death across different cultures. The core of the game was grounded in existential psychotherapy and theories relating to the management of fear about mortality. Many of these sources made it directly into the game itself, as reading players took in when beginning a card's quest for daily play.

Many players in our first run of the game in May of 2017 noted their appreciation for our extensive research and asked if there was a list of citations collected in a single accessible place outside the game's playable website. Inspired by Candice Benbow's *Lemonade* syllabus, we've collected them *The End's* here, sorted by genre category.

- Adrienne Mackey, creator of *The End*

"We attend to you (in order to remind you) that it is *your* life that you are watching. Ultimately, we imagine *The End* will be what you make it, that the meaning of *The End* will be up to you."



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Title	Author	Complete?
<i>The Denial of Death</i>	Ernest Becker	_____
<i>The Four Things That Matter Most: A Book About Living</i>	Ira Byock, M.D.	_____
<i>Being Mortal</i>	Dr. Atul Gawande	_____
“When Death Brings Out the Worst: family fighting after a death”	Eleanor Haley and Litsa Williams	_____
<i>The Good Death</i>	Ann Neumann	_____
“The Myth of Closure” featuring Pauline Boss	<i>On Being with Krista Tippett</i>	_____
“When Am I Dead?”	<i>RadioLab</i>	_____
“My mushroom burial suit”	Jae Rhim Lee	_____
“Congratulations you’re gonna die”	Alan Watts	_____
“Dr. Irving Yalom speaks on the awakened sense that an awareness of mortality can bring”	Dr. Irving Yalom	_____
<i>Staring at the Sun: Overcoming the Terror of Death</i>	Dr. Irving Yalom	_____



Title	Author	Complete?
"Sitting will kill you, even if you exercise"	Jen Christensen via CNN	_____
"What It Feels Like to Die"	Jennie Dear via <i>The Atlantic</i>	_____
"Terror Management Theory"	Ernest Becker Foundation	_____
"Study reveals brain mechanism behind chronic pain's sapping of motivation"	Bruce Goldman	_____
"Majority in U.S. Do Not Have a Will"	Jeffrey M. Jones	_____
"What Happens Inside a Dying Mind?"	Jackie Lay and Gideon Lichfield	_____
"A Harvard psychiatrist says 3 things are the secret to real happiness"	Tanya Lewis	_____
Standardized Patient Program	Perelman School of Medicine	_____
"Advance Directive Completion by Elderly Americans: A Decade of Change"	Maria J. Silveira MD, MA, MPH, Wyndy Wiitala PhD, John Piette PhD	_____
"Worker Fatalities Reported to Federal and State OSHA"	United States Dept of Labor	_____
"What makes a good life? Lessons from the longest study on happiness"	Robert Waldinger	_____
"How You Will Die"	Nathan Yau	_____

"Some people report floating above their bodies and viewing the world from high up. Others say they've traveled through a dark tunnel into light. Some visit a heaven-like place and meet spirits or dead relatives. Many feel a sense of connectedness or a sudden understanding of the



Title	Author	Complete?
"The Black Obituary Project – About"	The Black Obituary Project	_____
"11 Quotes from the Tibetan Book of Living and Dying to Light Up Your Path"	Clyde on fractalenlightenment.com	_____
"The Origins of the Eye Stones"	Claudia Crobotia	_____
"Funerary objects"	André Dollinger	_____
"ALL MY FAVE GRAVES"	Caitlin Doughty	_____
"Americans' Ostrich Approach to Estate Planning"	Richard Eisenberg	_____
"Funeral Traditions of Different Religions"	Everplans	_____
"Music-Thanatology"	Jennifer Hollis	_____
"We Visit Yanaka, the Aptly named 'Cat Town' of Tokyo"	Louise Hung	_____
"Hungry Ghost Festival: Paying tribute to ancestors by burning paper"	Stella Ko and Georgia McCafferty	_____
"The Man Who Would Cheat Death and Rule the Universe"	David F. Lloyd	_____
"Allen Toussaint Funeral Procession"	LXP Records	_____
"The Definitive Guide to Funeral Flowers"	Memorials of Distinction	_____



History & Culture

(continued)

Title	Author	Complete?
"At Royal Balinese Funeral, Bodies Burn and Souls Fly"	Seth Mydans	_____
<i>The Gay Science</i>	Friedrich Nietzsche	_____
"29 Insanely Elaborate Custom Coffins from Ghana"	Katie Notopoulos	_____
"Prince, an Artist Who Defied Genre, Is Dead at 57"	John Pareles	_____
<i>Unmarked: The Politics of Performance</i>	Peggy Phelan	_____
<i>Stiff: The Curious Lives of Human Cadavers</i>	Mary Roach	_____
"Pale Blue Dot"	Carl Sagan	_____
"Prince Put Music Before Money. His Estate Is Ready to Cash In"	Lucas Shaw	_____
"Stone Age mourners 'placed flowers on graves'"	<i>The Telegraph</i>	_____
"Prince Died Without a Will. Here's What Happens Now"	Ethan Wolff-Mann	_____
"15 Famous Writers and Their Last Words"	Nancy Yan	_____
"The Suicide Tourist – Introduction"	John Zaritsky, dir.	_____

Human Interest & Memoir



Title	Author	Complete?
"ONLY IN CANADA...!!!"	BeBenny G	_____
"Music Critics Pick the Last Song They Want to Hear Before They Die"	Judy Berman	_____
"First Experience with Death"	Brady from Neptune, NJ	_____
"Terminally ill Manitoba man will tattoo his body with your secrets"	Katrina Clarke	_____
"Woman 'parties' at her own funeral"	HLN Staff	_____
<i>The Life of David Hume, Esq.</i>	David Hume, Esq.	_____
"After Daughter's Tragic Death, Mom Discovers Letter Labeled 'Open When You Miss Me'"	InspireMore Staff	_____
"The Town Where Everyone Talks About Death"	Chana Joffe-Walt	_____
"How to plan for a good death"	Celia and Jenny Kitzinger	_____
"The Lonely Death of George Bell"	N.R. Kleinfeld	_____
<i>Anaïs Nin: The Last Days, a memoir</i>	Barbara Kraft	_____
<i>The Narrow Door</i>	Paul Lisicky	_____
"Macy's Journey – Photos"	Macy's Journey – Facebook	_____
"Dying is hard. Death doulas want to help make it easier."	Ellen McCarthy	_____

Human Interest & Memoir

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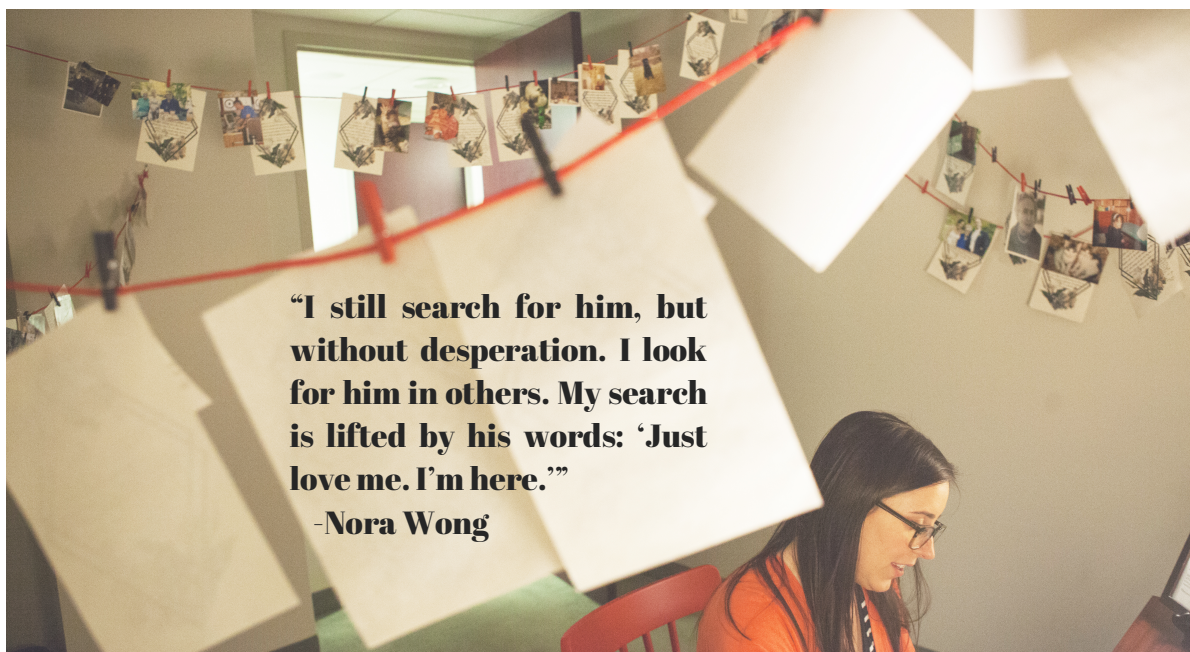
Title	Author	Complete?
"My Story: Why People Need Wills"	Don McNay	_____
"The Road to Damascus"	Claire Messud	_____
<i>The Argonauts</i>	Maggie Nelson	_____
"Terri Schiavo: 10 Years After her Death 'End of Life' Debate Rages On"	Liz Neporent	_____
"Reframing Our Relationships to That We Don't Control" feat. B.J. Miller	<i>On Being with Krista Tippett</i>	_____
"'The Light of the World,' by Elizabeth Alexander"	Meghan O'Rourke	_____
"Music-thanatology: The soundtrack to life's final moments"	Paige Pflieger	_____
"Grandmother's Swatch"	Valerie Phillips	_____
"What was your first experience with death?"	Reddit contributors	_____
"9 of the Most Incredible Obituaries Ever Written"	Rochelle Rietow	_____
"Our Final Constellation"	Fariha Róisín	_____
"Last Meal at Whole Foods"	Saïd Sayrafiezadeh	_____
"A Polarizing Figure in End-of-Life Debates"	John Schwartz	_____

Human Interest & Memoir

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Title	Author	Complete?
"When Advance Directives Are Ignored"	Paula Span	_____
"Shoulda Been Dead" feat. Kevin Kelly	<i>This American Life</i>	_____
"One Last Thing Before I Go"	<i>This American Life</i>	_____
"'Threshold Choir' Brings Songs of Comfort to the Dying"	ThresholdChoir.org	_____
#deadraccoonto Search Results	Twitter	_____
"Regrets of the Dying"	Bronnie Ware	_____
"Final Words"	<i>WireTap with Johnathan Goldstein</i>	_____
"Loving My Son, After His Death"	Nora Wong	_____





Literature & Poetry

Title	Author	Complete?
<i>Wouldn't Take Nothing for My Journey Now</i>	Maya Angelou	_____
"The Last Question"	Isaac Asimov	_____
<i>The Master and Margarita</i>	Mikhail Bulgakov	_____
"Death is like the insect"	Emily Dickinson	_____
<i>Sum: Tales from the Afterlives</i>	David Eagleman	_____
"The Hymn of Man"	Khalil Gibran	_____
"Poem, or To FS"	Langston Hughes	_____
<i>The Namesake</i>	Jhumpa Lahiri	_____
"Walk On" as read by Pauline Boss	Donna Carnes	_____
<i>Everyman</i>	Philip Roth	_____
"Malcolm"	Sonia Sanchez	_____
"The Bounty"	Derek Walcott	_____
"Exercises on Themes from Life"	Alice Walker	_____
<i>Charlotte's Web</i> excerpt	E. B. White	_____
"O Me! O Life!"	Walt Whitman	_____
"Bereavement"	Kevin Young	_____



Other Art

Title	Author	Complete?
<i>Young Me Now Me</i> photo series	Alyssa Anda	_____
Andy Warhol's Grave livestream	The Andy Warhol Museum	_____
The Heirloom Project	Joakim Blockstrom	_____
"The Crossroads"	Bone Thugs N Harmony	_____
"Finish Line / Drown"	Chance the Rapper	_____
"Before I Die – New Orleans"	Candy Chang	_____
"Stone Eyes"	<i>Game of Thrones</i>	_____
<i>That Dragon Cancer</i> video game	Ryan and Amy Green	_____
<i>No Seconds</i> photo series	Henry Hargreaves	_____
<i>The Quiet Circus</i>	Headlong Dance Theater	_____
"Don Salcedo's Powerful Retrospective at the MCA Chicago"	Natalie Hegert	_____
"Trouble of the World"	Mahalia Jackson	_____
"That Dragon, Cancer – Hall of Sentiment"	Lair Gaming	_____
"Assignment #70 – Say goodbye."	Learning to Love You More	_____
"Passage: a video documentary"	Dustin Rodgers	_____
<i>Noch Mal Leben / Life Before Death</i> photo series	Walter Schels	_____

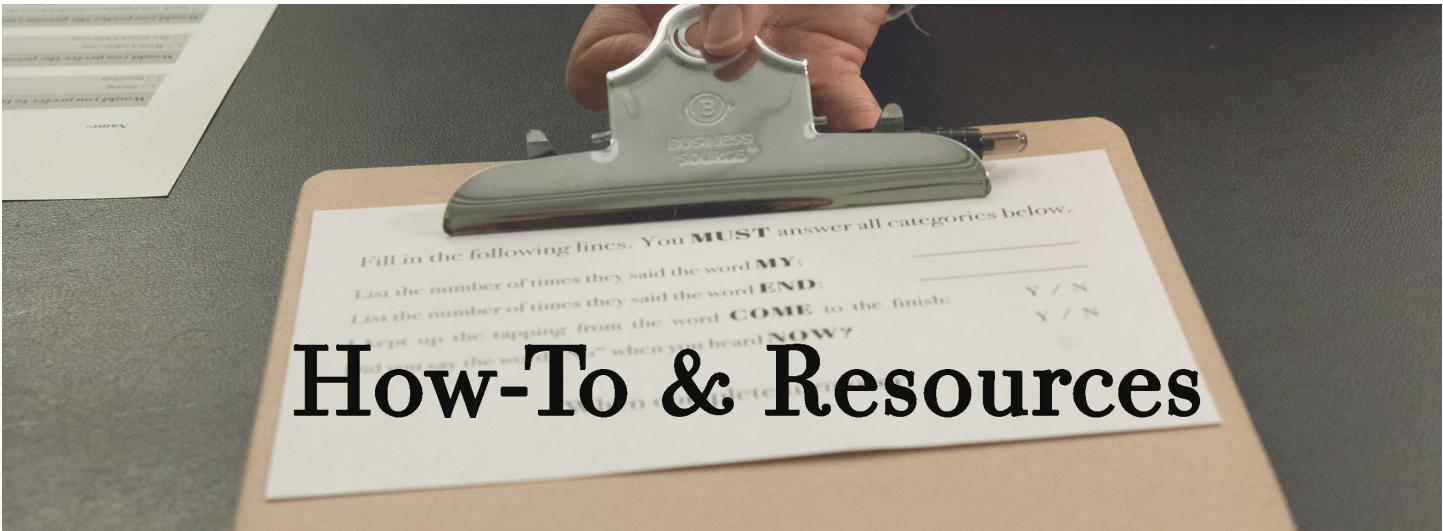


Other Art

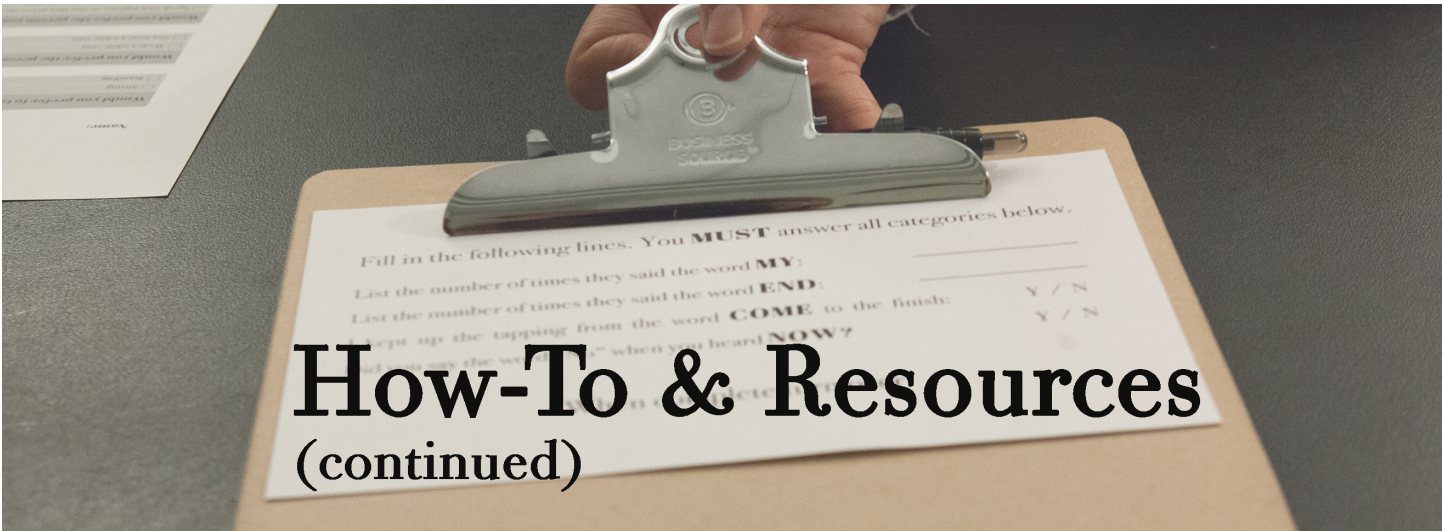
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Title	Author	Complete?
“Na Na Hey Hey Kiss Him Goodbye”	Garrett Scott, Dale Frashuer, Paul Leka	_____
“To be or not to be” from <i>Hamlet</i>	William Shakespeare	_____
<i>The Grasshopper: Games, Life and Utopia</i>	Bernard Suits	_____
<i>The Graveyard</i> video game	Tale of Tales	_____
“Death by Roller Coaster”	Julijonas Urbonas	_____
“Jo Hedwig Teeuwisse’s ‘Ghosts of War’ World War 2 Photos”	Christopher York	_____





Title	Author	Complete?
“Coping with the bad news of having a terminal illness”	Australian Gov. Dept. of Health	_____
<i>ABA/AARP Checklist for My Family: A Guide to My History, Financial Plans and Final Wishes</i>	Sally Balch Hurme	_____
“How to play Hello”	Common Practice	_____
Combined Living Will & Health Care Power of Attorney – Example Form from Pennsylvania Act 169 of 2006	Commonwealth of Pennsylvania	_____
Starter Kits	The Conversation Project	_____
<i>Get It Together: Organize Your Records So Your Family Won’t Have To</i>	Melanie Cullen	_____
“What is a legacy contact on Facebook?”	Facebook	_____
“Your Story, Your Words: How to Write Your Own Obituary”	Katie Falzone	_____
“Preparing a Digital Will for Your Passwords”	Amber Gott	_____
Let’s Have Dinner and Talk About Death	Michael Hebb	_____
Body Donation for Plastination	Institute for Plastination	_____
Death Café Philadelphia and Greater Philadelphia	Meetup	_____



Title	Author	Complete?
"The dying process: Creating a personalized plan for your unique journey"	Terre Mirsch	_____
Philadelphia Cemeteries	Anne J. Mitchell	_____
<i>Peace of Mind Planner: Important Information about My Belongings, Business Affairs, and Wishes</i>	Peter Pauper Press	_____
"Keys to Reducing Funeral Stress"	The Remembrance Process	_____
"A Guide to Funeral Planning"	The Remembrance Process	_____
"14 historic Philly cemeteries, mapped"	Melissa Romero	_____
Ashes within Glass Paperweight	Scattering Ashes	_____
Body Donation to Science and Medical Research	Science Care	_____
Forensic Anthropology Center – Body Donation	University of Tennessee Knoxville – College of Arts and Sciences	_____
Putting Affairs in Order Before Death	Tom Valeo	_____
Philadelphia Area Cemeteries	Loretta Wallace	_____
"Dying 101"	Claire Wineland	_____