



Anna Lyons

Anna Lyons is an end-of-life doula. Along with progressive funeral director Louise Winter, she is behind Life. Death. Whatever. Their joint mission is to redesign the dialogue around death and dying, and as a result, shift people's ideas of life, living, illness, funerals and grief. Ultimately, they believe this will provide you with a more empowered approach to whatever you're going through. They believe that death is a normal part of life and dying is part of living. Acknowledging and accepting that one day we will die is fundamental to living a full life.