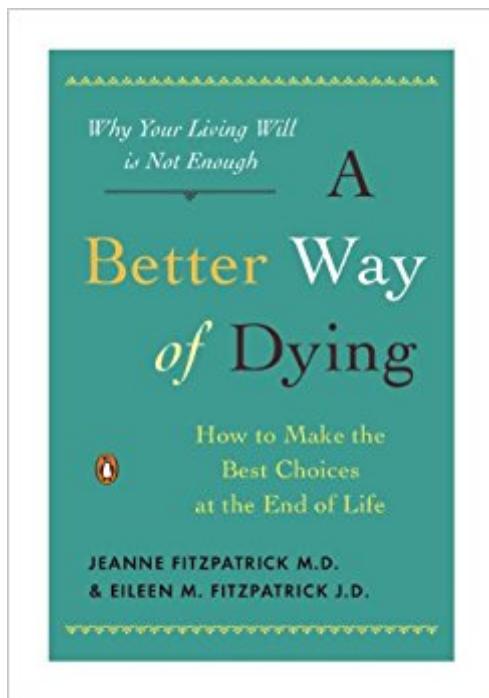


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# A Better Way Of Dying: How To Make The Best Choices At The End Of Life



## **Synopsis**

The fail-safe plan for ensuring one's final wishes are respected Advanced directives and living wills have improved our ability to dictate end-of-life care, but even these cannot guarantee that we will be allowed the dignity of a natural death. Designed by two sisters-one a doctor, one a lawyer-and drawing on their decades of experience, the five-step Compassion Protocol outlined in *A Better Way of Dying* offers a simple and effective framework for leaving caretakers concrete, unambiguous, and legally binding instructions about your wishes for your last days. Meant for people in every walk of life-from the elderly, to those in the early stages of mentally degenerative diseases like Alzheimer's, to healthy young people planning for an unpredictable future-this book creates space for a discussion we all must have if we wish to ensure comfort and control at the end of our lives..

## **Book Information**

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## **Customer Reviews**

This is a very informative book. It is from the point of view of both a medical doctor and a lawyer, which is important. I'm guessing that most of us haven't done enough to be sure our families and the

law understand our wishes at the end of our lives. The family will not be able to be very effective if we haven't taken care of the legal business.

Does not tell you much. Provides a template for medical instructions that is not unique. Sorry that I bought it.

I stumbled across this book at the library and checked it out on impulse. I'm not that old but I do have some health issues. It was an easy and fascinating read, using case studies from the sisters' careers as doctor and lawyer. I had no idea that it could be so difficult to insure that I won't be kept physically alive but mentally gone, in a hospital or nursing home. It made me want to tattoo "DO NOT RESUSCITATE" across my chest. I just did a living will provided by the state of Georgia and it did cover quite a bit but I don't think this book is dated at all because we still haven't figured out how to insure that a person's wishes are carried out in an emergency situation. Everything possible will be done to save your life in an emergency situation. Whether you want it that way or not. My situation isn't that dire yet, but that tattoo is definitely still a possibility in the back of my mind for later in my life.

Two very informed and experienced veterans of this daunting field of dying. The fact that they are sisters, that they are legal and medical experts offer a unique blend of personal and professional look at this natural or not so natural process. It is a wonderful guide book in preparing for my parents transition, for mine, and for educating my children about these decisions that are relevant to all, regardless of age or state of health.

I highly recommend this book that contains crucial information for anyone writing a living will or those who might help someone writing final directives. The authors carefully show how dangerously legalistic our medical system has become. And with great compassion they show how to avoid getting caught in legal quicksand that can frustrate someone's wishes at the end of life.

I work in the healthcare business and see many, many patients and their family members struggling with end-of-life decisions. Many have never discussed their choices. This book is easy to read and provides examples that are very relevant to all. There are also forms that can be legally used to explain to your healthcare professionals what choices you desire. This book can be a catalyst for family discussions about your wishes. I have rediscussed and filled out the forms. My family knows

exactly what my true wishes are. I think this book should be a mandatory read for everyone.

This book provided insight into the complications facing the elderly or disabled and their family members and caregivers. Decisions must be made and this book gives a clear outline of what is involved in each decision. Other sources have been somewhat general and this one details the real issues so that implications cannot be ignored or misrepresented. This book provided me with information to request legal requirements in the state where I live and to make the best decisions I can relative to the care of my disabled relative.

Yes! I believe we need a better way of dying and this book gives a clear and concise way to discuss it and to take control of your life and death. It's a subject that no one wants to talk about but it needs to be discussed. It's going to happen to everyone!!

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