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Gerontologist and Journalist

"Holley Kelley provides clear, logical guidelines for getting one's affairs in order while there is still time. Her lively writing style, wit, verve, and generosity of spirit make the process a surprising adventure."

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Journey'S End Victoria Brewster, Julie Saeger Nierenberg, 2017-07-20 In Journey's End many and varied collaborators write about death dying and the end of life We attempt to describe real life issues and circumstances and we discuss ways to proactively deal with them Useful training resource and reference material is also included Death dying and end of life are topics many prefer to avoid This book suggests that we benefit from having frank discussions living life to the fullest and planning for our own journey's end whenever that may be Everyone who is born eventually will die whether or not we want to embrace that fact Though few of us know when we will die we and our family or friends can be well prepared We can have discussions and create written directives for what we want if we are unable to verbally state them ourselves Do we want life support Do we want interventions that may or may not have any benefit to our quality of life if we are in the hospital or in an accident Do we want to be involved in planning our funeral memorial or celebration of life The submissions within are from professionals in the field of death and bereavement support and from laypeople all of whom share stories of dying family members friends clients and patients Julie and Victoria the coauthors of this book also share stories from their personal and professional experiences Journey's End is a broadly comprehensive book about death dying and the end of life Video

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Sunrises and Sunsets Holley Kelley, 2016-01-08 Sunrises and Sunsets is more than a book it is a comprehensive delightful user friendly life long planning guide a workbook and a beautiful way to leave a written legacy for those left behind after your Final Sunset Through an enjoyable step by step process you will not only get your affairs in order but you will also remove unnecessary burdens from those you love and have FUN in the process This is truly a wonderful gift for people of all ages for YOU and for those you LOVE Advance Care Planning Plan your OWN FUNeral Complete your Advance Directives Write your OWN obituary Complete your Last Will and Testament Record all personal and business matters pertaining to YOU Personal Issues Covered Explore YOUR thoughts on your existing state of living Consider and contemplate YOUR thoughts as they relate to dying Create a Bucket List AND a KICK the bucket list Share personal and heartfelt details about YOUR life Write letters to loved ones Create a family tree share family medical history give life advice and share YOUR journey And much more Holley Kelley provides clear logical guidelines for getting one's affairs in order while there is still time Her lively writing style wit verve and generosity of spirit make the process a surprising adventure Dr Nan Morrison Emeritus Professor of English College of Charleston Through her narrative discussions checklists and practical approach Holley Kelley helps us navigate end of life issues in a way that simply works Sunrises and Sunsets helps define and plan our final journey in a gentle and entertaining format She is both an instructive and valued guide for anyone who wishes to get their affairs in order Gary Gartner CEO SpaceFlight Memorial Systems For many of us planning our own death is never easy and often avoided but in a delightful and engaging way Holley Kelley shows how planning for death enables us to live more

fully Her fresh perspective has produced a one of a kind book that provides plenty of practical advice while also encouraging us to document our legacy and ensure our desires are heard and fulfilled I will advise all of my clients and friends to get a copy of this book and use it throughout the years You and the people you love will be glad you did Linda Sumner Weinberg Attorney

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Table of Contents Book And Sunrises Sunsets Affairs Finesse Functionality

- 1. Understanding the eBook Book And Sunrises Sunsets Affairs Finesse Functionality
 - The Rise of Digital Reading Book And Sunrises Sunsets Affairs Finesse Functionality
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Book And Sunrises Sunsets Affairs Finesse Functionality
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Book And Sunrises Sunsets Affairs Finesse Functionality
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Book And Sunrises Sunsets Affairs Finesse Functionality
 - Personalized Recommendations
 - o Book And Sunrises Sunsets Affairs Finesse Functionality User Reviews and Ratings
 - Book And Sunrises Sunsets Affairs Finesse Functionality and Bestseller Lists
- 5. Accessing Book And Sunrises Sunsets Affairs Finesse Functionality Free and Paid eBooks
 - o Book And Sunrises Sunsets Affairs Finesse Functionality Public Domain eBooks
 - Book And Sunrises Sunsets Affairs Finesse Functionality eBook Subscription Services
 - Book And Sunrises Sunsets Affairs Finesse Functionality Budget-Friendly Options

- 6. Navigating Book And Sunrises Sunsets Affairs Finesse Functionality eBook Formats
 - o ePub, PDF, MOBI, and More
 - Book And Sunrises Sunsets Affairs Finesse Functionality Compatibility with Devices
 - Book And Sunrises Sunsets Affairs Finesse Functionality Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - o Adjustable Fonts and Text Sizes of Book And Sunrises Sunsets Affairs Finesse Functionality
 - Highlighting and Note-Taking Book And Sunrises Sunsets Affairs Finesse Functionality
 - Interactive Elements Book And Sunrises Sunsets Affairs Finesse Functionality
- 8. Staying Engaged with Book And Sunrises Sunsets Affairs Finesse Functionality
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Book And Sunrises Sunsets Affairs Finesse Functionality
- 9. Balancing eBooks and Physical Books Book And Sunrises Sunsets Affairs Finesse Functionality
 - o Benefits of a Digital Library
 - o Creating a Diverse Reading Collection Book And Sunrises Sunsets Affairs Finesse Functionality
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Book And Sunrises Sunsets Affairs Finesse Functionality
 - Setting Reading Goals Book And Sunrises Sunsets Affairs Finesse Functionality
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Book And Sunrises Sunsets Affairs Finesse Functionality
 - Fact-Checking eBook Content of Book And Sunrises Sunsets Affairs Finesse Functionality
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements

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