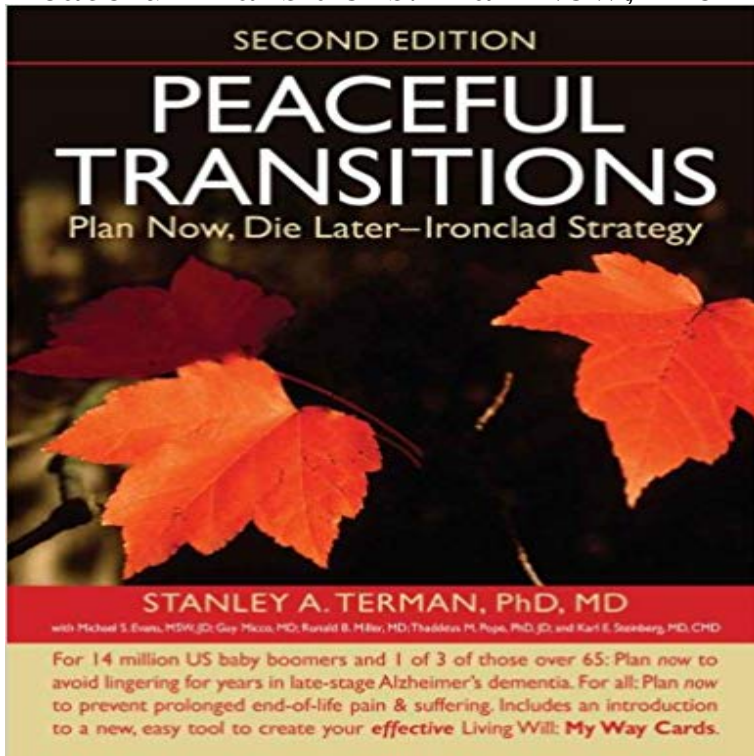


## Peaceful Transitions: Plan Now, Die Later-Ironclad Strategy



The staggeringly huge epidemic of Alzheimers and related dementias presents several huge challenges. Those who already know that Advanced Dementia is the most cruel, longest and most burdensome disease dread it above all other diseases. Still, many are not aware of this recent research: Advanced Dementia patients have an increased risk of unrecognized and untreated pain and suffering. The reasons: patients no longer can verbalize their complaints; and, when they are in pain, their behavior may not be typical. The multitude of burdens make it imperative to seek an answer to this awesome question: If my mental deterioration becomes devastating, is there a way to avoid months to years of prolonged dying, with possibly untreated pain? The definitive answer is: YES! After the book briefly reviews other Living Wills and Advance Directive forms, it offers the Plan Now, Die LaterIronclad Strategy. To the knowledge of the author and editors, this is the ONLY effective Advance Care Planning method that avoids a prolonged dying that also honors the sanctity of life by avoiding premature dying. If you prefer a timely, peaceful transition to a prolonged dying with suffering, this books detailed steps will help you navigate the path toward diligent, effective Advance Care Planning. Then, your future decision-makers will be able to effectively overcome the powerful oppositions formidable challenges to Natural Dying--a peaceful way to die that is legal almost everywhere. Some examples of the books practical information are: A) How to create a specific Living Will that is clear and convincing; B) How to select a future decision-maker (health care proxy/agent) you can trust; C) What forms you must add and sign for your informed consent--to make sure you will receive complete relief from unending, unbearable pain and suffering--the other condition people most

fear at the end-of-life; D) How to set up a strategy so that no one--not even your future demented self can sabotage your goal of attaining a timely, peaceful transition; E) How to get the appropriate amount of professional help, and what kinds of patient may need it; F) How to test yourself privately, to see if you might have a little dementia; And very importantly, G) How to use the strategy and its built-in safeguards to prevent premature dying. The book also includes an essay by a Catholic priest/health ethicist, Kevin McGovern. It explains why the choice to refuse treatment and thus allow Natural Dying can be, in certain conditions, consistent with Catholic teaching. Psychiatrist Stanley A. Terman, PhD, MD, has used the ironclad strategy with many patients, both individually and in workshops. Dr. Terman leads the non-profit organization Caring Advocates, whose professional team helps people plan and attain timely, peaceful transitions, and they also train Planning Professionals, worldwide. The book is richly illustrated with line drawings taken from an optional new, easy, and interactive tool to create Living Wills (My Way Cards), which the book introduces. Dr. Termans writing and strategies were subjected to extensive critical editing and received numerous, practical suggestions from his colleagues who are prominent health care attorneys and clinical bioethicists. This book helps readers feel confident about overcoming lifes final challenge--to die well. It lowers readers anxiety about how long and how much they will be forced to suffer before they die, and it enhances their appreciation of living--from now until it is timely for their peaceful transition.

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