



# **Planning for Uncertainty: Living Wills and Other Advance Directives for You and Your Family (A Johns Hopkins Press Health Book)**

*David John Doukas, William Reichel*

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*It won't happen to me.*

I'm too busy to worry about a living will.

My family will know what to do.

No one wants to plan for death or incapacitating illness. But, as the emotional legal battle in the Terri Schiavo case made all too clear, people of all ages need to document and communicate clear decisions about the final details of their lives while they are healthy and have time to fully consider their own values and preferences.

Here, Drs. David Doukas and William Reichel help individuals make decisions and communicate their wishes to health care providers and family members and other loved ones.

Drs. Doukas and Reichel use a question-and-answer format to guide readers through the process, emphasizing the crucial connection between values and treatment preferences. They explain advance directives and the health care decision-making process, including the values history, family covenants, proxies, and proxy negation. The appendix includes resources and Web links for learning about advance directive requirements and obtaining legal forms in all fifty states.

This practical guide helps people navigate the important but often intimidating process of thinking about, and planning for, an uncertain future.

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**Valeria May:**

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