



Freedom to Choose: How to Make End-of-Life Decisions on Your Own Terms (Death, Value & Meaning)

George Burnell

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In *Freedom to Choose: How to Make End-of-Life Decisions on Your Own Terms*, young persons, baby boomers, and senior citizens; alike will find the information they need to make intelligent, informed, and well-planned decisions about end-of-life care, and to clearly state their wishes based on personal, cultural, religious, and family values. In direct and simple language, Dr. Burnell describes how to prepare for a smooth transition to end-of-life care and what to do to prevent family conflicts, overcome death fears and anxiety, and achieve peace of mind for our loved ones and ourselves. The book gives practical advice on how to make decisions about end-of-life care and how to prepare a living will and durable power of attorney for health care. Dr. Burnell provides guidelines at the end of each chapter on what to consider before preparing these important documents: how to preserve one's rights as a patient; how to choose the right doctor; the best place to be when critically ill; the laws governing advance directives; and the best alternatives for end-of-life care, such as good pain control and assisted dying (where this is legal). *Freedom to Choose* provides a user-friendly approach to facing these difficult decisions. It includes extensive lists of resources and organizations, and a glossary necessary for understanding the issues at hand. As this book makes clear, preparing an advance directive and knowing all the available options at the end of life are the most important steps for achieving peace of mind.

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