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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Tricky Decisions

By Albert Loren

Some people know exactly what to look for at the bookstore - others spend hours without finding what they have in mind...

Did you ever mistake the body lotion tube for the toothpaste a sleepy morning? No? Good, it's not the best way to start the day.

This might be an awkward approach if you're aiming at the problem of choosing literature, but frankly, haven't you too picked the 'wrong' book by a random grab at the bookshop or at the library? The book you put away with a sigh after three chapters.

It might have been the perfect choice for someone else. One of my friends reads nothing but books about religious history. I tried one. Though I don't mind the subject, I had a feeling of pedaling a bicycle with a leaking tire. You know how that is, you want to get as far as possible before the tire is empty, but you know that if you speed up, it leaks faster.

The first impression of a book is the cover, so the eye leads us to the next step - the time consuming intellectual process. At the rare occasions when we have the time, we would like to read full chapters from some books at the bookstore. The problem is we would feel like shoplifters if we did. Besides, the book dealer would fear that the book might look used if too many pages have been turned. Not everyone is careful. This is where Internet enters the scene.

Alone with our computer we can spend days reading free chapters. And the people who provide the service are happy if we do. The opportunity to form an opinion gives us a freedom that older generations of book readers could only dream of. And when we eventually have found the book we want to read, we can still ask our local retailer to order it for us.

Except for being a door opener, Internet is the perfect instrument for digging deeper down into the literature world. Those of us who are in the habit of roaming around the web with this purpose know that there are many ways of introducing the stories. One concept is extensive samples including long summaries, free chapters, excerpts and facts. This is what I like best, so - naturally - it's the way my

books are introduced. If you want an example, please visit:

<http://www.albertlorenonline.com/ONAFree.htm>

Thank you for taking your time to read these lines.

If you would like an example of my way of treating the language, please visit:

<http://www.albertlorenonline.com/ONAFree.htm>

What is an advance directive? Does an Alzheimer's patient need one?

By William G. Hammond, JD

An advance directive allows you to communicate your health care preferences when you no longer have the capacity to make your own decisions. It is a legal document, such as a living will or a power of attorney for health care. If you are able to communicate your medical preferences, then you will do so. If, on the other hand, you lose the ability to state your wishes, the advance directive allows you to name someone to make decisions for you if you cannot.

The greatest benefit of your advance directive is its power as a communication tool. Discuss your advance directive with your doctor, make your wishes about health care known to your family. Once you have completed the advance directive, make some copies and give one to the person you chose to make the decisions for you. And if your loved one is hospitalized, make sure a copy is in his/her medical records.

Below you will find some terms that will be useful to you:

- Health Care Directives: it is a document that allows you to state in advance your wishes, regarding the use of life–prolonging procedures. Like a living will, in most states it will take **ONLY EFFECT WHEN** you are not able to make decisions on your own.
- The Durable Power of Attorney for Health Care Decisions: it allows you to appoint a person of your choice to make health care decisions on your behalf when you are incapacitated. In most states this document will take effect **ONLY WHEN** you are not able to make decisions on your own.
- Living will: A document that states your end–of–life decisions in the event you have an incurable illness or injury.

- Power of attorney: it is a legal document where one person (the principal) authorizes (the agent) to act on his/her behalf. Financial powers of attorneys allow your agent to make decisions regarding your property. Healthcare powers of attorney allow your agent to make decisions regarding your health care needs.

Your advance directive should be valid in any state. Because of state–to–state differences, however, it is better to have it witnessed and notarized. And remember that in most states your advance directive will go into effect **ONLY** if you are no longer able to communicate your own wishes. In addition, unless

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you revoke it, it will stay in effect until your death.

William G. Hammond, JD is a nationally known elder law attorney and founder of The Alzheimer's Resource Center. He is a frequent guest on radio and television and has developed innovative solutions to guide families who have a loved one suffering from Alzheimer's. For more information you can visit his website at www.BeatAlzheimers.com

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Defending Your Relationship

How to Make a Smart Career, Love, or Other Important Decision

How to be decisive?

Making Decisions

How To Improve Blood Circulation

7 Ways to get Great Links to your Website

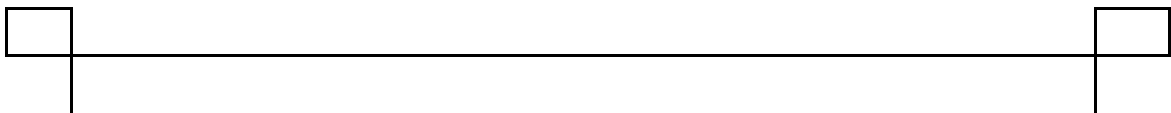
Easy PDF Publisher's Toolkit

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