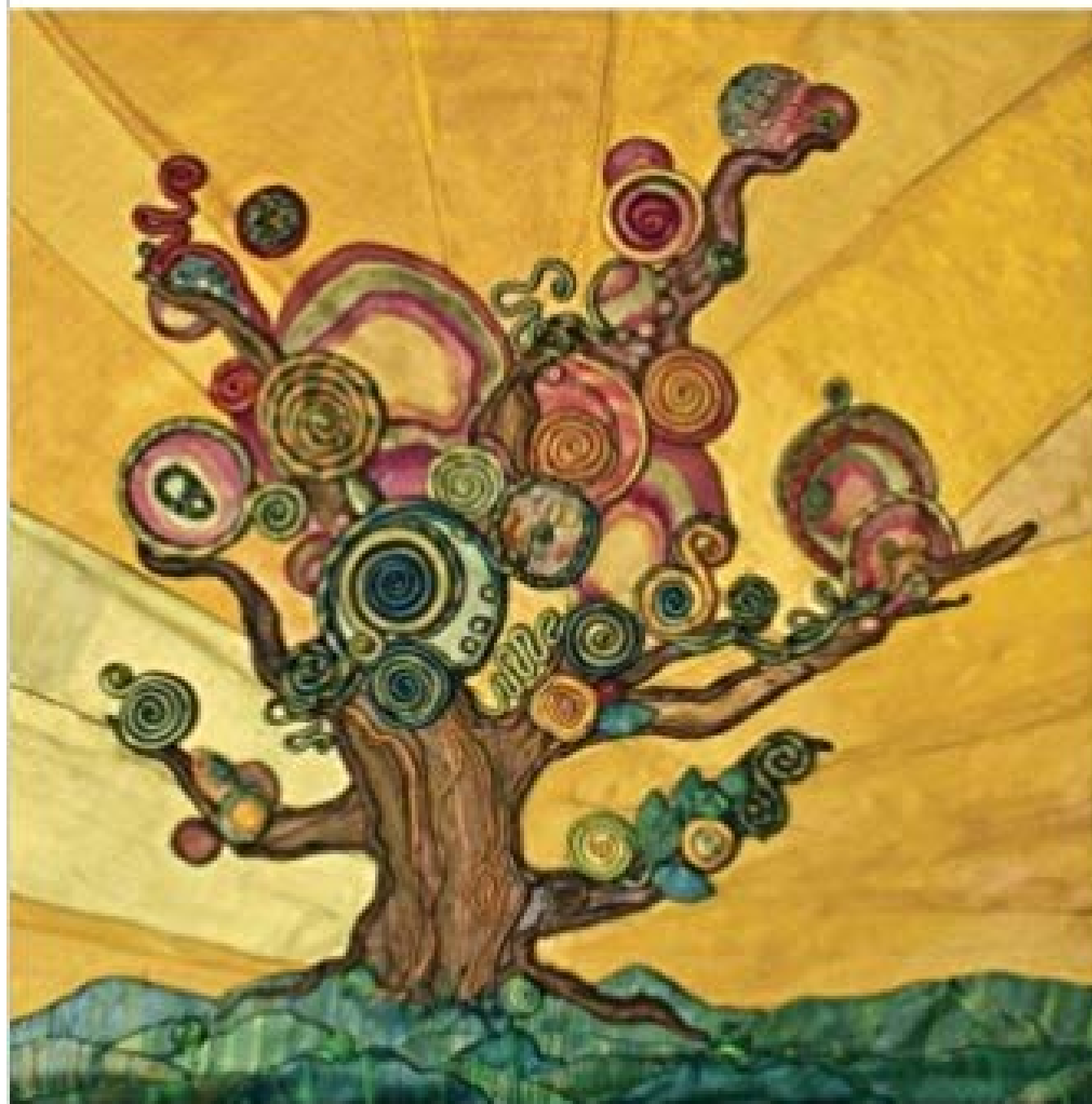


Helen C. Emmott, RN

*With an afterword by David F. Emmott, MD*

# Without Regrets

*A Nurse's Advice about Aging and Dying*



*Helen C. Emmott RN*

## **Without Regrets: A Nurse's Advice About Aging and Dying**



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Although Helen and David Emmott are a medical family – she actually is a registered nurse and he, a doctor – if they became caregivers for his or her aging mothers, they were surprisingly unprepared for the questions and challenges that lay ahead. How do you make medical decisions that honor a treasured one’s wants? What Helen learned from caring for her mom and mother-in-law, from close friends and their parents, and from her patients was the need for conversation, sorting out family dynamics and caregiving functions, choosing a decision maker who can navigate the maze of an frequently daunting healthcare program, and taking care of oneself on the way. What exactly does the function of caregiver entail? As a caregiver, can you really make everyone happy? How do you choose a health care decision maker? In *Without Regrets*, she shares both heartfelt stories and lessons learned that help anyone needing to guide family members through frailty and disease and ultimately death.



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You are not alone A significant book that helps us cope with among life's most difficult problems. Helen Emmott outlines the countless issues she and her large family faced coping with the decline and eventual passing of ageing parents. After having experienced the early death of a partner with pancreatic cancer, these life issues have become common and must be faced by all, no matter age and stage. Five Stars Very well written and informative. Some situations consensus is simply not feasible. The book also offers the right practical advice and clarifications surrounding many confusing elements such as power of attorney, medical power of attorney, hospice and others. The shared experiences made me alert to many changes I want to make in my existing Advance Directive. Incredible Insight! Having been a caregiver several times already, I can vouch that everything explored in this treatise holds true. Each family faces the issues in different ways, however the struggles are identical. This work should in some way be put into the hands of all families. She presents no magic bullet sure fire remedies but possesses a path to follow of understanding, communication and love so that at the end you may look back without regrets. Dealing with an aging parent This book was recommended if you ask me by our physician to greatly help in coping with an aging parent. Live with no regrets and make a plan! I recommend this publication highly. I bought copies for our children and friends. You have already been chosen! Kathy Kincaid Nobles Excellent advice This book was so helpful to me. Good for our book group Great reading. I also have ordered copies for every of our grown kids. the emotional, monetary, and practical factors were all covered from real life experience. There is nothing to get ready you for all that is involved with caregiving and I experienced so far better after scanning this book. Parts will make you cry and additional part laugh. I'd recommend this book and buy copies for siblings and friends! Great tips and a brilliant resource Helen writes from the center. She shares encounters she and David got within their lives. I bought copies for all of my brother, my mother and all of my boys so we can "start the discussion" Helen talks about in the book. God Bless You in your quest to enlighten and encourage! A Must Read This book is crucial read for all families. Her ethics and ideals certainly are a great model. Her stories are humorous, engaging and relevant to those in all ages and levels of life. The info she detailed was directly on target, and it will be very helpful for my hubby and me as we move into our later years. It will be a reference for me personally as we encounter the challenges of aging in our family. Great reading. I sensed such as a friend was offering me with professional advice.. A most valuable resource A very readable book with many valuable experiences. For anyone confronted with the decline of a adored this book will help you understand, you aren't alone, others have been there and we can learn form their experience. All of the feelings you have a problem with on being a caregiver for your parent was addressed in this publication. Bravo for the Emmotts! Good information on aging and dying I have simply finished Without Regrets, and We was thus impressed with Helen Emmott's compassion for the finish of life issues that so most of us are facing with our parents. This book gave me lots of things to think about and how very much I need to change on my directives and conserve my children a whole lot of heartache Will you wishes be fulfilled if you are dying? Emmott, a nurse ethicist, systematically addresses physical and emotional end of existence issues which many of us sweep under the rug. Through poignant personal and professional tales, she unravels and complexities that often reveal themselves as we die. This is a must examine for each and everyone, because, guess what, we are all going to die. Wonderful... Good for our book group... Wonderful, well written, easy to read book that deals with a topic all too often overlooked or feared. Positive very clear thinking and it makes so much feeling! She highlights that family dynamics, that is the power hierarchies, emotional issues also differing values can be the most hard portion of the end of existence decisions. Without Regrets This book was compiled by my sister and I very proudly say this because she is an extremely smart person and an extremely sensitive person. I go through it once, then went back and read it once again. I gleaned a lot of details. I loved the phrase, "How's your spirit today? It was wonderful to really have the benefit of Helen's knowledge and wisdom. I also believed she did an excellent job of outlining the difference between competency and capability." I often wonder what things to say to someone

who is seriously ill or dying, and that is clearly a lovely method to ask about them. We should all acknowledge our very own immortality in the earthly plane, and do what we can to help ease our passing for the advantage of family members. The book was very enlightening.



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