

# THE GRACEFUL EXIT

10 Things You Need To Know

*Face Reality, Make Wise Choices  
and Find Hope at the End of Life*

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*and*

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Mona Hanford

The Graceful Exit: 10 Things You Need to Know: Face Reality, Make Wise Choices and Find Hope at the End of Life



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Five stars to the reserve A's Mona would say, "I'll be great a. Her husband Costs's eight calendar year decline before loss of life was a strengthening, toughening and learning knowledge. I understood Mona and Costs during those years and admired her strength and courage. Mona estimates Einstein: "genius has limitations. End of existence...the final test How wonderful to possess practical End of life...the final exam How wonderful to have practical, loving and hopeful, structured suggestions on how to plan that last examination now." She may have used that as well – she actually is advocating an smart method of end-of-life decisions instead of the mindless program of every conceivable medical intervention to forestall the inevitable. She writes about her belief in God. She advises it to her readers, but without any sect-specific parameters. Biologists will let you know, and he would have repeated that death is essential for life to renew itself. Some of us refresh our spirit in character, or strolling through an artwork gallery, or listening to great music. Take responsibility on your own life and don't fill up the coffers of the currently bloated medical establishment any longer than necessary. I am Mona's modern and I've no regime of daily supplements." The grandfather to whom she dedicates the book was a Russian Orthodox Archbishop. Orthodox Christianity is normally more spiritual than intellectual, and Hanford's expressed belief matches correct in with that. Accepting that as provided, hospice can focus on making the patient comfy and helping they wrap up loose ends, both with human relationships and making use of their life's affairs. Russian has two separate words for spiritual, ????????? and ????????? the first being more like soulful and the next more like reverent and at peace. They use them often and with higher meaning than we do. I still grieve for the lack of posting among my six siblings and my parents. Hospice Care, she writes, is a key part of a graceful exit. With the support system set up, it is better to talk to friends and family about the impending death. It is simpler to accept the inevitable by staring it in the face, and to overcome the medical establishment's bias and only treatment under any circumstance. Mona is skeptical of the world of medicine. With seven parents and step-parents within their '80s (in varying examples of health insurance and illness) -- and a book club of friends in similar situations -- we made a decision to read this reserve and Gawande's (also wonderful) "Being Mortal. Americans encounter 12 million critical misdiagnoses every year; and only 25% of the very best 10 prescription medications do any good. This book is a rare gem. I was looking for some type of understanding and convenience while I was still grieving the death of my dad who died a couple of years previous...stuff for acid reflux and arrhythmia for instance. The answer – difficult though it might be to simply accept – always appears to be in way of life. Cut out drinking, workout more, and eat more fruit. One finishes the reserve with the optimistic watch that "the greatest is however to come," Excellent book The Graceful Exit is a lovely book written with humor, love and care. Prayer is known to bring a feeling of calm and balance in crisis. Mona has read extensively and offers the titles of several books that start to see the globe her way. It is an old-fashioned perspective. And we can all strengthen our spiritual life by hanging out in tranquil reflection or prayer.. Simply as doctors are afraid to speak to people about death, the clergy seems reluctant nowadays to speak to people about God. They see themselves as avatars of interpersonal justice, their focus nearly entirely on earthly instead of heavenly considerations. As a person in my own 40s, I enjoy Mona's straightforward and immediate approach to articulating both problem ("we really do not talk about loss of life in the us") and the proposed solutions ("we have to face reality and make smart choices"). A belief in God and an afterlife is often necessary to alleviate worries of death. The idea is that one will need to have a belief that it's all section of a grander strategy. Yes, but. I offer the counterexample of my father, a man of research and a verified agnostic, who recognized his end stoically. She writes "some of us possess a deep faith in the God of our choosing, become that the Spirit, the Light, a Higher Power, or whatever faith gives us hope and peace. Certainly we

people of the next generation to go must have done so. Mona offers a thoughtful and self-explanatory approach to thinking about, and with this reserve club guide discussing, death with your loved ones. Mona writes of a living will called Five Desires. The wishes are worth repeating:

- Who will make medical decisions for me personally? It is striking if you ask me that many folks are unprepared to die and that we don't entertain the chance that our inevitable death is actually a process imbued with hope, grace, and love. Humble and authentic, Mona Hanford brings common sense to anyone struggling with mortality and the limitations to be human.
- How do I want people to treat me personally?
- What do I'd like my loved types to learn?

These questions are not difficult that it seems everybody must have written answers that their family members can reference if you need to. Therefore he bid his goodbyes with utter relaxed, even with no notion that he would have any future presence. Mona stresses that it is quite crucial that doctors obtain the word. It often will not happen. Most of us must accept our mortality, sooner or later, and the right approach and mindset can make sure us a Graceful Exit. Mona's wonderful chapter on hospice care highlights the vast difference between the medical world's treatment of death mainly because a clinical failure to be fought tooth and nail and a spiritual view that certain must graciously accept when his period has come. Hospice treatment begins when the patient has made a decision that the finish is coming. Although she and I knew each other through the Episcopal Church both of us attended, her belief is usually deeper and less constrained than any sectarian doctrine. Mona writes candidly about errors she made in caring for her husband Bill during his eight yr slide toward death. She says she should have got the guts to acknowledge his scenario earlier and spare him agony and indignity. Mona writes extensively about medical marijuana, which she's been prescribed on her behalf own cancers. If she had gone through the 1960s in SAN FRANCISCO BAY AREA she would've known most of it way back when. Marijuana, like opioids, makes a whole lot of feeling for the terminally ill. I have to state that my dope smoking cigarettes buddies from the 1960s didn't generally reap the benefits of its use. Though I was able to finish the reserve in only several days, I fully plan to re-read many highlighted passages over time, because they will no double have significantly more meaning as lifestyle progresses. The closing chapters, appropriately plenty of, are about the dying person's need to be open to God also to anticipate what's on the far side of the transition called death. God offers granted many people the chance to peek through the partition to allow them to anticipate what's coming and provide hints to the rest of us. Graceful Exit offers a information for composing total answers to these questions." She omits the second fifty percent of the sentence which goes "but stupidity is boundless. As the author says, we have a tendency to defer a discussion on loss of life as though it generally does not exist. We do so to our own disadvantage. Despite the fact that the Graceful Exit displays caregivers practical and honest methods to assist in end of life situations, the publication speaks directly to all of us. We have been our own caregivers. Instead of putting off all thoughts of one's own demise, we can face the unavoidable with quality, insight, and thoughtful decisions, instead of having to make sure they are under duress. But we cannot avoid loss of life, and Mona Hanford manuals us to dying with dignity. Who doesn't want to die with pleasure? This book can help you and your loved ones get there. Having dropped my parents 20 years ago, both at fairly young age group of 70, reading this book surfaced for me all the unknowns me and my children faced when our parents became terminally ill and we since children didn't know how to possess the conversations surrounding death. She actually is a ????????? ???????? – dukhovnaya zhenshina, a spiritual woman. We're in God's hands Must read for all those transitioning from this life We just lost our dear Mona who wrote and published this helpful publication. They wished to be strong for all of us, in order parents do, they tried to protect us from the inevitable--death. Yes, we have to talk about it. I've had the privilege and honor of knowing her for 50 years plus. Mona offers

a practical guideline for engaging family, close friends, and caregivers along the way of coming to peace with the reality of loss of life, and making the transition from this life to the next graceful. Unless you are already dead, or do not have anyone nowadays you love, this book is for you. Essential reading for everybody! This book is essential reading for all of us because we will all face the finish. Whether it's a parent, a pal or cherished one, or ourselves, it's scary territory and reading this reserve gave me convenience and insight as well as the tools to be ready for the inevitable. The writing is immediate, confident and clearly predicated on decades of encounter. The end of life isn't a topic that people discuss, but the writer is normally bold and unafraid in obtaining the message across, which in essence is Hope. This is a must go through for all of us including doctors, clergy, caregivers, family and friends. Useful Tool for Sometimes Challenging Things to Address It is sometimes hard to speak about end of existence issues. It is thoughtfully created and full of practical information for everyone.. If we have faith e God, there is Hope. How comfortable do I wish to be? Hanford and Hands also support their recommendations with enough references to key research, statistics, doctors and other significant authors. In a caring voice and with a reliable heart and understanding of people, she is pioneering a new thought process about our broken healthcare system. P... Our mortality. I certainly concur. The authors bravely ... This book is a rare gem. The authors bravely embrace delicate and complex end-of-life issues. Each chapter is anchored in faith and actuality.. The Graceful Exit leaves us with the most precious gift of most -- the gift of wish. A MUST READ! Must Read Publication On How to Approach Death and Dying Mona Hanford provides us with guidance and examples of how exactly to face death and dying with faith, like and humor. She makes the case for a "patient centered" approach to medical decisions where the best decision could be the ease and comfort of hospice versus heroic tries to extend live. I really like the writing and it resonates on a fundamental level. It works. It really is like inviting an objective third-party in to the room to target the dialogue. Mona recommends the whole family read the publication to understand the death process a d to help the dying person and one another not just today's time, but exactly what will ultimately follow.. When I first read it, I recall reading that we need to learn to live well, and to find out to die an excellent death. In this book, Mona opens up the entranceway to being genuine, facing what we make an effort to hide from, before it's too past due. Her husband, Expenses and I were 1st cousins. Filled with Hope at the End and practical information to get there Mona Hanford was born for a existence of service. nd you'll be fine. I dread they both passed away feeling very much alone.. She resided what she wrote and we have been the beneficiaries Love Is Always The Answer As a lifestyle, Americans have been taught to eschew the main topic of death. The type of treatment do I want, or not really want? Years ago, I recall reading Sogyal Rimpoche's, The Tibetan Reserve of Living and Dying. It still sits on my office bookshelf. My shelves are laden with prescription medications that I refused to take after reading through to them. Mona is definitely a caring, loving and intelligent woman. Still, when my father died at age 52, I had not been prepared to process his passing or outfitted to help him through his loss of life. Death was not something that was readily on the table for discussion. Flash ahead to the present day, and I am helping to care for my mom who is elderly, and starting to experience some health issues. E. She almost passed away. "The Graceful Exit" is focused on life, just existence at the last stage, the point if you have a choice: to exist, enjoy life, or follow the path too many American perform due to our medical program and an unwillingness to simply accept death as unavoidable and natural. A book about loss of life, focused on existence! She cites a Wall structure Street Journal content from July 2017 to the effect that 1/4 of all patients are harmed while in the medical center;" Frankly, the last thing I experienced like reading was a publication on loss of life. I sent copies to friends and family members after reading. I begun to harken back again to my father and how ill prepared we

had been as a family group to help him, also to cope with his death. This very short (readable in an evening) publication makes a persuasive argument and only a "Graceful Exit" and provides specific, practical methods how to obtain it for oneself and one's family members. The book golf club format (that i could see as being equally useful for inter-family discussions) allows you to find a method to start speaking. But what I found was the opposite. Thank you, Mona and Adrienne :) The most crucial conversation you will ever have is approximately death. But, beyond having faith, there are will be a lot of discuss in terms of what, when, and the way you choose the treatment/care path that meets your specific situation... It could be performed, although I am with Mona and believing that trust in God supplies the better consolation. At the end of one's life, far too often, needless dramatic and painful methods are taken to prolong life at any cost, out of panic, dread, regret, and even like. Everyone should go through this publication. Yes, a big part of her message is to believe in a greater power.. I am giving this as something special to family and friends and I think it should be required reading for everybody, irrespective of faith or background. "H. This book is not really for for dying person but the whole family. So grateful to possess this resource. These authors make it much easier.O. She brings balance, laughter and peace irrespective of religion or age to a topic that will affect people. Earlier this winter, she became incredibly ill from the effects of the flu." = Hanging On to Positive Energy. This book helps me do that. Essential and impactful read at any kind of stage of life I thoroughly enjoyed scanning this book. Yes, it can have a place inside our world, and this could it be. They too don't offer well with loss of life. In this divisive and scared tradition, she provides humor, compassion and audio advice to those struggling with death. Highly recommend. Dignity at the End This book is a good help im thinkin g clearly and carefn lly in regards to a subject most of of us s would prefer to not thtink aboout at alluyay all. That is freedom, the fat of that final test lifted from our shoulders. This is a tremendous book. It really is thoughtfully created .Mona questions the role of today's mainstream church.. This is a significant book. Humble and authentic, Mona Hanford brings common sense to . Therefore encouraging to be able to face the near future with grace.



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