



## Handbook for Mortals: Guidance for People Facing Serious Illness

By Joanne Lynn

Oxford University Press. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 9.1in. x 6.4in. x 0.7in. Modern medical technology has changed not only the way we live but also the way we die. Until two generations ago, people usually died suddenly, after an accident or serious illness. Now, most of us will live with chronic conditions, and our dying will usually take longer, require more care, and demand more planning than ever before. Handbook for Mortals is warmly addressed to all those who wish to approach the final years of life with greater awareness of what to expect and greater confidence about how to make the end of their lives a time of growth, comfort, and meaningful reflection. Written by Dr. Joanne Lynn and a team of experts, this book provides equal measures of practical information and wise counsel. Readers will learn what decisions they will need to face, what choices are available to them, where to look for help, how to ease pain and other symptoms, what to expect with specific diseases, how the health-care system operates, and how the entire experience affects dying persons, their families, and their friends. Such practical information is indispensable. But equally important are the...



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