

Exploring Life's last sacred frontier of Death and Dying will be Self-Empowering and help to mitigate the fear of death. At the end of life, a Good Death is all we can hope for – to Plan and Prepare for it in advance will be a gift to ourselves and to our loved ones.

What is a 'Good Death'

According to well researched sources, here are 7 'Good Death' Points to Ponder:

- (1)** To Experience as little pain as possible.
- (2)** To Recognize and resolve interpersonal conflicts.
- (3)** To Satisfy any remaining wishes that are consistent with your present condition.
- (4)** To Review your life to find meaning.
- (5)** To Give control to a trusted person, committed to ensuring the kind of death you desire.
- (6)** To Protect yourself from needless medical procedures that may dehumanize or demean you.
- (7)** To Decide how social and how alert you want to be.