



A Joosr Guide to... Being Mortal by Atul Gawande: Illness, Medicine and What Matters in the End

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More and more people are dying in nursing homes and hospitals, often alone and miserable. But there is a better way. Find out about the alternative choices you can make about your medical care to give you more comfort and control at the end of your life.

In *Being Mortal* Dr. Atul Gawande's discusses the struggle with mental and physical deterioration that most people experience as the end of their life draws near. We are often persuaded to make health care decisions that will prolong our lives as long as possible, without considering the amount of suffering that we might experience in the process. Dr. Gawande promotes his idea of a better way, in which we trade off a little bit more time for a much better quality of life until the end.

You will learn:

- How to stop unnecessary suffering in the healthcare system
- Why assisted living facilities are the best option for more freedom and a better quality of life
- How you can take control of the rest of your life with health decisions that will promote the most comfort until the very end.

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James Bouchard:

In this particular era which is the greater person or who has ability to do something more are more special than other. Do you want to become considered one of it? It is just simple solution to have that. What you have to do is just spending your time not very much but quite enough to get a look at some books. One of the books in the top collection in your reading list is definitely A Joosr Guide to... Being Mortal by Atul Gawande: Illness, Medicine and What Matters in the End. This book which is qualified as The Hungry Hills can get you closer in growing to be precious person. By looking way up and review this book you can get many advantages.

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