



My Last Wishes: A Journal of Life, Love, Laughs, & a Few Final Notes

Joy Meredith

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An eminently practical and friendly guide to planning life's ultimate conclusion, including journal space to help loved ones honor and celebrate your life in the best way possible.

Have you ever thought about who will be at your funeral? Who will read your eulogy, or what your obituary will say? How about who will take care of your precious dog Lester?

Formatted like a journal, sprinkled with tips from professionals and amusing anecdotes, *My Last Wishes* is a resource to consider these questions and more. Not only does it help you to plan your "last party," it makes the planning process less painful for your loved ones by clarifying your wishes.

Author Joy Meredith takes a fresh approach to end-of-life planning with practical guidance as well as prompts to examine and reflect on your own life in journal entries, such as, "What is your biggest accomplishment?" and "What is your biggest regret?" What's more, the book helps you to enhance your life right now with chapters like "Finish the Unfinished," on the freeing process of making amends.

Playful, pragmatic, and uplifting, *My Last Wishes* makes a sensitive subject charmingly accessible.



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