



# You Only Die Once: Preparing for the End of Life with Grace and Gusto

*Margie Jenkins*

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We're all going to die. That's not alarmist or pessimistic—just a fact. One day, life ends.

Death is part of being human, but not something most people want to discuss. We avoid thinking about our own mortality, often putting off important final decisions until it's too late.

*You Only Die Once* takes a surprisingly lighthearted approach to this serious topic, demystifying end-of-life arrangements with poignant and humorous personal stories. With longtime counselor Margie Jenkins's gentle guidance, you'll travel the "planning paths" you've avoided for so long.

Jenkins helps you prepare your will and estate, decide where your cherished possessions go, and determine whether you need an advanced care directive. Should you wish it, you'll even discover how to preplan your own funeral or memorial service.

Along the way, Jenkins offers hope for survivors and practical tips on how to handle a loved one's death or sudden medical crisis. Most importantly, perhaps, you'll come to realize that by making choices now, you transform death into the culmination of a life well-lived—rather than an unplanned and unexpected event.

After all, we only die once. Why not make sure you do it right?

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