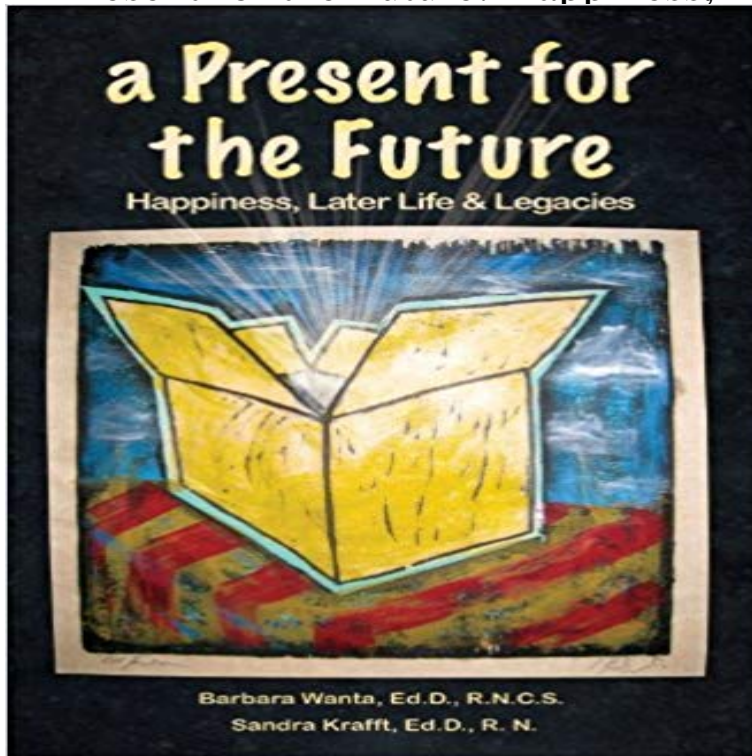


## A Present for the Future: Happiness, Later Life & Legacies



A Present for the Future is divided into two sections. Part One provides a format and guidelines for thinking and talking about what you want for the future for yourself and others, even where this involves addressing difficult topics. Part Two shares some of the experiences that inspired us to write this book and to keep at it through many interruptions and revisions. Two of the excerpts from the book provided on this site are taken from the stories we relate in Part Two. The third excerpt provides blank copies of the Legacy List and the Last List. These may be downloaded from our website, [www.legacywishlist.com](http://www.legacywishlist.com) but only for individual personal use. We hope that the book will allow you, at your own pace, to overcome those things that get in the way of making arrangements for a future that will one day, a long way off, include your death, but in the meantime will include a good deal of happiness well into very old age. By using those of our ideas that appeal to you, you can give yourself and others the gift of a future that is what you want it to be and protect the wellbeing and happiness of those close to you. It doesn't matter whether you are 15, 95, or anywhere in between when you start this process. This book is our present to your future.

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