

Kenney F. Hegland and Robert Fleming

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ALIVE AND KICKING:

Legal Advice for Boomers

by Kenney F. Hegland and Robert Fleming

Published by Carolina Academic Press

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Available through this site or directly from the publisher:

<http://www.cap-press.com/books/1650>

If you are getting older (or hope to), this book is for you. It will save you and your family money, restless nights, and heartbreak. Do I really need a living will? What are living trusts and should I attend a "free seminar"? How can I protect myself from scams and identity theft? How can I care for my aged parents? What are "assisted living facilities" and what about nursing homes? How can I recognize elder abuse and what about guns in the home? How can I fight age discrimination? What will be my insurance needs? What are reverse mortgages, Roth IRAs, durable powers of attorney, and disgruntled heirs? Will I have to give up both driving and sex? Need I worry about estate taxes? Should I avoid Probate? Most important, how can I get my family (and myself) to discuss the real problems that will face us? Here they come, ready or not.

Not to worry. You don't have to read the entire book. What you need to know right now is in the first four chapters. The rest can wait. This is a serious book about serious times, but, if you're not up for an occasional joke, or poem, just put it back.

Alive and Kicking Web Site:

<http://legaladviceforboomers.com/>

Praise for ALIVE AND KICKING:

"Alive and Kicking is an engaging, even entertaining and uplifting, book about a subject most of us who are getting on in life often avoid: arranging our affairs for our latter years to avoid medical, financial, and legal troubles. I will use it myself and recommend it to patients, friends, and loved ones."

-- Andrew Weil, M.D., author of Healthy Aging

"An encyclopedic legal reference with the down-home philosophy and wit of a Will Rogers. Accurate, to-the-point legal advice wryly enriched by poetry, humor, and existential musings."

-- Charles Sabatino, Chair of the American Bar Association Commission on the Legal Problems of the Elderly, principal author, ABA Legal Guide for Older Americans

"Professor Hegland is simply one of the nation's best legal writers."

-- Tom Sullivan, Provost, University of Minnesota

"The authors really cover all the topics that you need to consider when you are either taking care of an elderly loved one or thinking about your own planning. This book really got us talking and thinking about a whole range of issues that we had not considered before. A must-read if you are over 60."

-- JM Slaw, author of Amazon.com Listmania showing Alive and Kicking as the top book on Retirement and Caring for Parents

"In an incredible short amount of space and with humor, intelligence and an obvious grasp of their subject matter, the authors have covered all the bases in an exceptionally readable style. From telemarketing scams to pension plans, from Medicare to 'when should you stop driving?' the cover it all. Talk about 'one stop shopping.' I had already ordered a second copy for my brother before I'd finished reading it."

-- Stuart Zimring, Past President, National Association of Elder Law Attorneys

"A lively and entertaining book full of advice with amusing quotes and references to books, music, movies, and poetry. Woody Allen, Shakespeare, Charles Dickens and the Beatles all make cameo appearances."

-- ElderLawAnswers

"Although the authors are lawyers, the book goes into many subjects, other than legal advice, related to getting older. I highly recommend this reasonable priced book. It is especially a great resource for 'baby boomers.' Being one myself, I learned much and it gave me lots to think about."

-- Dan England, Blogger News Network

"We highly recommend *Alive and Kicking*, a serious book about serious times and serious issues written in a reader-friendly format. A wonderful read."

-- Jan Warner and Jan Collins, syndicated columnists

"*Alive and Kicking* is a valuable resource not only for seniors, but also for their families and advisors. The authors have done an excellent job in plain English (without use of legal jargon) of discussing complex issues and providing suggestions for solutions in a way that both seniors can understand and appreciate. Oast & Hook highly recommends '*Alive and Kicking*' to anyone who needs information about the issues facing all of us as we age."

-- Oast and Hook, Elder Law firm, Virginia Beach, Virginia, client newsletter