

Peace of Mind

Lifetime Guides, Peace of Mind Price: \$39.95 "Peace of Mind is more than a book, it's a systematic way of organizing your life details into documents, forms, files, notes in a way that makes sense no matter what happens. A definite must-have in every home, it's a thoughtful gift to your children, a great reference at any stage of your life."

One single tip from this book can save you thousands of dollars, spare you countless hours of aggravation, and save lives — one single tip. And this book has hundreds of such tips.

Selected To Do's from Lifetime Guides Peace of Mind

Stolen identity… every week thousands of people become victims of personal identity theft, through no fault of their own; for example, a credit card database is compromised at a company, or someone is carrying transactions in your name … identity theft is devastating but Peace of Mind will help you recover rapidly with these forms … starting on page 2.

How to create and store your own DNA file… your unique "fingerprint" can be used for fool-proof identification, diagnosing inherited disorders … Peace of Mind shows how to create your own file and where and how to store it … starting on page 10.

Living trust… and why you should have one… and how it can simplify succession of property, avoid hundreds of dollars in legal costs, probate costs ...starting on page 35.

Power of Attorney… create a Durable Power of Attorney for financial matters that allows the nominated person to act on your behalf even when you become incapacitated … on page 34.

Medicare basics… how the jointly-funded federal-state insurance program can help those most in need with Hospital Insurance and Medical Insurance … and some interesting facts about Medigap "open enrollment period" … starting on page 60.

In-vehicle emergency kit… list of items that every vehicle owner should have in the emergency kit … starting on page 75.

Travel safety tips… In these troublesome times it makes sense to make detailed travel plans and know how to take precautions so will be safe in a variety of circumstances … starting on page 80.

Hotel safety tips… a number of tips to check before you accept the room and what to do once you are settled in … starting on page 86.

Crime-proof your home… you can achieve a great deal by taking some preventative measures about the house … 1 in 10 homes are burglarized and valuables will be stolen … how to make your home an undesirable target for criminals … starting on page 90.

Home hazards… aside for potential hazards for young children and elderly persons, every home can be made a safer place with this list of general safety measures. Take a fresh look at everything in your home with these tips … starting on page 104.

Basic first aid… check this section of basic first aid treatment for medical emergencies and minor conditions … starting on page 117.

Natural disasters… with many natural disasters you have some time to to carry out pre-made plans and minimize any damage that could affect your property … make those preparations … starting on page 184.

Neighborhood security… the kind of terrorism we see overseas could happen here … local neighborhood groups provide additional security and safety … starting on page 195.

Pet information and protection… this chapter will help you list and keep track of all types of information about your pet and provide advice and suggestions for keeping your pet safe … starting on page 213.

Coping with accidents, tragedies and death… as we go through life everyone experiences a range of emotions … we don't need much help with dealing with happiness but grief, stress and upsetting experiences are a different matter … starting on page 223.