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## [Advanced Illness: Holding On and Letting Go](#)

End-of-life decisions are very difficult to make, but are an important part of ensuring that your wishes are respected. The Family Caregiver Alliance article [Advanced Illness: Holding On and Letting Go](#) discusses both the instinctive desires people have to continue living, as well as being able to "let go" when faced with end-of-life issues such as advanced illness. Planning ahead will help when the time to make a decision comes. The article also provides resources about making decisions and exploring hospice.

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