



Nothing Left Unsaid: Creating a Healing Legacy with Final Words and Letters

Ph.D. Mary Polce-Lynch Ph.D.

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With the last will and testament, our culture has a way to settle estates and material possessions. But we don't have a ritual for bequeathing messages of love, forgiveness, life lessons, hope, and personal legacy. Now, *Nothing Left Unsaid* is the first-ever nondenominational guide—at once practical and inspiring—that shows how to craft "Final Words," a last communication to leave behind for a spouse, parent, friend, son, daughter, or grandchildren. These final healing words offer our survivors a sense of tangible closure—whether in the event of a sudden death, terminal illness, or the end of a long and well-lived life. *Legacy Letters* similarly provide a way to express sentiments to loved ones as they approach the end of their lives. Both legacies ensure that nothing is left unsaid.

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