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# Kicking The Bucket List: 100 Downsizing & Organizing Things To Do Before You Die



## Synopsis

Do you plan to live forever -- Do you ever plan to move -- Depending on where you are going, you can not take it with you. In **KICKING THE BUCKET LIST**, death educator Gail Rubin brings a light touch to cleaning out those dark recesses of your home and organizing for end-of-life issues. In these pages, you will learn how to: tackle downsizing without being overwhelmed by the job; evaluate what to keep, toss, donate and recycle; creatively remove excess goods from your home; manage your finances for today and tomorrow; organize your funeral and create your legacy. If you need guidance to downsize and organize, this book is for you. Baby Boomers facing their parents estates and their own downsizing will especially appreciate the information in **KICKING THE BUCKET LIST**. The 128-page book, to be available in paperback and eBook formats, is a quick, easy read, with colorful photographs and bonus online information. Each of the 100 Bucket List items include links to helpful internet articles that expand on each point. The book, the eighth title in the Bucket List series, supports the work of the nonprofit National Hospice and Palliative Care Organization and the National Hospice Foundation. Author Gail Rubin, CT, is a Certified Thanatologist (a death educator) who uses humor and funny films to help teach about end-of-life issues. She wrote the award-winning *A Good Goodbye: Funeral Planning for Those Who Don't Plan to Die* and *Hail and Farewell: Cremation Ceremonies, Templates and Tips*. She also writes *The Family Plot Blog* at [www.AGoodGoodbye.com](http://www.AGoodGoodbye.com).

## Book Information

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## Customer Reviews

I met Gail Rubin at a talk I gave earlier this year called "Who Will Check My Email When I Die?" We

are so much on the same wavelength that when I read Kicking the Bucket List I thought, "Well, there's another book I don't have to write!" I will be recommending it to all of my organizing clients, and... hmmm... holiday gifts for my family? In addition to lighthearted, practical advice about wills and funerals and such, many of the tips are about decluttering and downsizing. "You don't have to be old or dying to downsize." I completely agree that it is important NOT to leave a legacy of clutter and disorder behind when you "kick the bucket". Your loved ones will be grieving. Isn't that enough without leaving them the added burden of making decisions about things that you didn't even value? The benefit to YOU in getting your affairs in order is peace of mind and a more pleasant rest of your life. Why do we only "rest in peace"? Why not also live in peace? Don't miss the Near Misses at the end! (Things that are rather specific and didn't make the main list, such as disposing of embarrassing items before someone else discovers them, and how to save a loved one's tattoo. Yes, really!) As Gail Rubin says, "Talking about sex won't make you pregnant, and talking about funerals won't make you dead. Start a conversation today."

This easy-to-read book is filled with practical suggestions and each page offers a link to a relevant website if one chooses to go deeper. I know first hand the importance of weeding through and releasing unnecessary belongings. When my father-in-law died at age 98 he had 3 full-sized filing cabinets filled with every resume, sermon, article that he had ever written, along with his pocket calendars dating back to the 50s and dresser drawers filled with bank statements, etc. As my dear husband sorted through the more personal items he said he felt like he was throwing his father's ego away. Gail Rubin's book should be helpful to anyone (we never know when we might die) but especially to those of us in our senior years. Also anyone who is or might be in the role of executor will find the checklist she includes to be more than helpful. I highly recommend this book.

Ruben has a compassionate understanding of how we prepare for death, and the many issues we face when there is an estate to settle. The book provides many great tips and suggestions! Each topic is explained simply, and each has a web link that allow the reader to research in greater depth. The first 60 tips focus on reducing the clutter in our lives, and how to downsize the way we live. These are actions the living can take that will improve their own quality of life, while also simplifying estate settlement later. There are also suggestions for making sure possessions are distributed as intended. The remaining tips deal with making it easier for executors to carry out the wishes of the deceased and to properly settle the estate. Especially helpful is the long checklist of items an executor needs to think about and do both before and after the passing. The book provides

a roadmap for reducing anxiety, uncertainty, and stress when the inevitable happens.

Thanks to Gail Rubin's extensive list and handy links to external resources, my wife and children will be the true beneficiaries of my having read *Kicking the Bucket List: 100 Downsizing & Organizing Things to Do Before You Die*.

There is never enough time to take care of all the clutter in one's office or home. But with the help of a great new book by Gail Rubin called "KICKING THE BUCKET LIST" I have been able to start weeding out things I really do not need and begin to make order out of the mine-field that surrounds me. A short and very easy read, this book is the first one I have read that really helps the reader to make sense of what is needed and sets him or her on the right path. Even in just a few days I have made a significant difference in my life with the help of this book. The book has a space for the reader to create their own list of how to proceed and that makes the book even more personal. I give this book 5-stars because it really does work to downsize and organize own's life. Great job!!! Everyone should read this and heed its suggestions.

My first read of this book left me with the concept that the book was a waste of time for anyone to read. However, as I pondered the premise of the book over the last few days, my thoughts began to surround that individual who is buried under the load of the accumulation of life and doesn't know where to begin. This book is for that person. Gail Rubin has provided a step-by-step process that will help free that person of nonessential stuff. If you are asking "Where do I begin?" then you will want this guide book! To quote Amy Cunningham "Follow Gail Rubin's clear-headed marching orders...You'll be able to get a handle on the stuff of your life, and release your attachment to burdensome objects." My personal life motto is "if it doesn't fit in my one man tent then I probably don't need it!" Steps to follow: 1. Buy the book. 2. Read the book. 3. Follow the steps. 4. Live with less. 5. Enjoy the rest of your life CLUTTER FREE!

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