

# PILL\$ AND BILL\$

How to Lose It All  
and End Up in a Nursing Home!

The Complete Guide to Extreme Poverty

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## Preface

*Pills and Bills* is born out of my personal experiences in working with hundreds of people over a period of many years. These experiences have convinced me beyond any doubt that people are in desperate need of the information contained in this book. There is a crisis occurring in families all across this country and much of the time it is self-induced and could have been completely avoided if only they would have had the proper knowledge. That is the aim of this book.

*Pills and Bills* is a metaphor for that inevitable stage of life when managing our medications and handling the expenses related to our health care requires more of our time and attention than ever before. I am looking forward to our time together and hope that you will learn and benefit from the experiences of the many people I have met along the way.

I have written this book in a satirical way in order to make it more interesting and in a conversational style to be more casual and informal. I have intentionally made it as brief as possible because I know that your time is valuable. So, get comfortable in your favorite spot and let's spend a few minutes together.