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Howard Simmons is the founding partner of the Simmons da Silva LLP law firm in Toronto / Brampton, Canada. Howard's practice involves Will and Estate Planning and related disputes. He also involved in the family law aspects and planning to avoid disputes. He also advises on tax in these areas.

Howard has written a book on tax and numerous legal articles related to Will, Estate Planning and related Family Law.

Along with his professional law experience, Howard is an avid fencer and modern pentathlete and has competed recently for Canada in Britain, France, Austria, Estonia, Hong Kong, Singapore, Bulgaria, Slovenia and the U.S.A.