



Five Last Acts - The Exit Path: The arts and science of rational suicide in the face of unbearable, unrelievable suffering

By Chris Docker



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Please note, a 2015 edition has also been released. A ground-breaking self-deliverance volume, 750 pages representing a new level of detail and investigation. Knowledge that lets you control your own death also gives a sense of control in life, especially when the future is unknown. This book is: § WHEN FACING unbearable and unrelievable suffering, to know when and how to draw one's own life to a close – rather than be at the mercy of lingering illness. Detailed methods. § FOR RESEARCHERS needing access to the fullest and best-evidenced information § FOR EVERY RESPONSIBLE ADULT who wants to be in control of his or her own living and dying. Sometimes we like to believe everything will be "fine" ... but then, suddenly things take an unexpected turn for the worse and it is hard to see a path ahead. At this point, planning and preparation make a crucial difference. Whether you use this book to take control of your last moments, to die when and how you will; or whether you use that knowledge to give you strength to face an unknown future: knowledge is power. The Exit Path is to give you that power. HELIUM / INERT GAS is a long popular means of self-deliverance among members of 'right-to-die' societies; yet still there are last minute failures, botched attempts or panics that most 'guides' don't want you to know about. The Exit Path puts the technique under a microscope, shows the variations. With over 100 pages (and over 50 photographs and step-by-step diagrams) on the use of helium in rational suicide alone, The Exit Path gives you control. Eliminate problems before you think of them with correct information and the best solutions to dilemmas. The book also shows you how to obtain all that you need. You can get rid of doubts and put your mind at rest. The most extensive of any self-deliverance book you can buy, The Exit Path has: § OVER 750 PAGES § OVER 1000 REFERENCES with supporting evidence § 100 RELEVANT ILLUSTRATIONS § 7 TABLES § "IN A NUTSHELL" EXPLANATIONS § DETAILED MEDICAL EXPERTIZE § EASY-TO-USE, STEP-BY-STEP "HOW-TO" GUIDES § THE BEST DATA-LED REFERENCE BOOK. § 58 ILLUSTRATIONS ON HELIUM METHOD § 25 ILLUSTRATIONS ON COMPRESSION METHOD No other book provides the level of expert detail you will find in The Exit Path. With problems over dwindling helium supplies, carotid artery compression is the fast-growing field of interest in self-deliverance. With brand-new commissioned material and an in-depth examination of the objections and concerns, The Exit Path gives you the know-how on this valuable emergency technique. The Exit Path examines differences in the action of SLEEPING DRUGS, what to use, and how. It reveals

metadata on the properties of ANTI-EMETICS to help you choose best solutions. FASTING TO DEATH continues to haunt the right-to-die movement with apologists recommending it as a near-perfect way and critics unsure. Horrific deaths have resulted from premature recommendation by well-meaning individuals, even among those aware of dangers and how to avoid them. The Exit Path analyses differences between fasting in hospital and fasting at home. You will read exclusive guidance based on the most comprehensive data and interviews with expertise worldwide. Knowing how to ensure a peaceful death is only half the picture. We all face the prospect of “all this” coming to an end. For the first time in a self-deliverance manual, The Exit Path provides practical approaches based on proven techniques for facing down the moment of death. The Exit Path takes you through every stage – the planning, dealing with your doctor, your family, an examination of the law, emotional concerns, Dignitas, and even provides handy checklists to let you stay on top of the many dilemmas that arise as life approaches its end. The Exit Path includes a great amount of previously unpublished or undisclosed material. Please see the Contents pages to get an idea of the true scope of this volume.

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Editorial Review

About the Author

Chris Docker, M.Phil., is an established and award-winning writer in Law and Ethics in Medicine, producing key works for the professions, academics and the public from topics that include living wills, death & dying, to human transplants. For over 30 years he has been one of the world's leading researchers into the reality of 'self-deliverance' – the methods to accomplish one's own easy, peaceful and dignified death – when all other measures to relieve suffering and indignity have been tried. He is Director of Exit (no connection with 'Exit International') and has led Exit's interactive workshops run for many years across the UK. The Five Last Acts series series of books is his third work on self-deliverance. Short bibliography: • Collected Living Wills, 1992. • Departing Drugs (principal author) 1993 • Beyond Final Exit (co-author) 1995 • Advance Directive / Living Wills, in: Contemporary Issues in Law, Medicine and Ethics (ed. S.A.M. McLean) 1996 • The Way Forward, in: Death, Dying and the Law (ed. S.A.M. McLean) 1996 • Living Wills, in: Finance and Law for the Older Client (Society of Trust and Estate Practitioners, Gen.Ed. C.Whitehouse) 2000 (updated 2003) • Ethical and Legal Dilemmas with Organ Transplants, in: Health Services Law and Practice (eds: M.Bloom, A.Harris, S.Waddington) 2001. • End of Life, in: Health Services Law and Practice (eds: M.Bloom, A.Harris, S.Waddington) 2001. • Five Last Acts 2007 (2nd edition, 2010. 3rd edition, 2013.) • Items appearing in the British Medical Journal: Problems with advance refusals (20 Aug 1999); Ethics untwisted (27 Aug 1999); Living wills – Britain still in the dark ages? (21 July 2000); Legal clarification on living wills (19 Oct 2000); Assisted dying: The least worst" course of action? (24 Oct 2012).

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