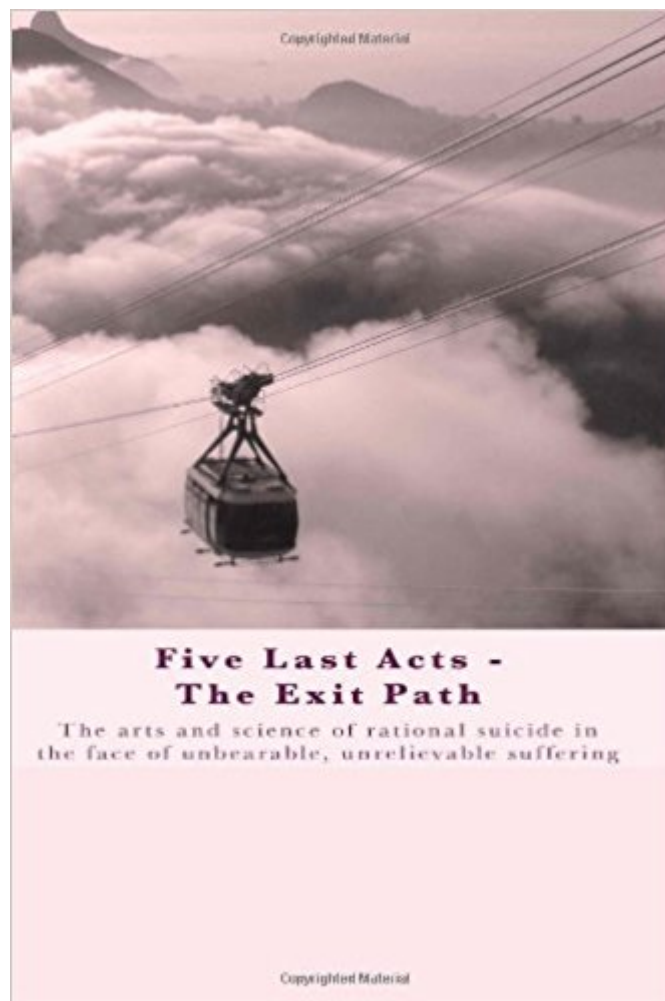


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# Five Last Acts - The Exit Path: The Arts And Science Of Rational Suicide In The Face Of Unbearable, Unrelievable Suffering



## Synopsis

\*\*\*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: Â§ WHEN FACING unbearable and unrelievable suffering, to know when and how to draw oneâ™s own life to a close â™ rather than be at the mercy of lingering illness. Detailed methods. Â§ FOR RESEARCHERS needing access to the fullest and best-evidenced information Â§ 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" â™ 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 â™right-to-dieâ™ societies; yet still there are last minute failures, botched attempts or panics that most â™guidesâ™ donâ™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: Â§ OVER 750 PAGES Â§ OVER 1000 REFERENCES with supporting evidence Â§ 100 RELEVANT ILLUSTRATIONS Â§ 7 TABLES Â§ "IN A NUTSHELL" • EXPLANATIONS Â§ DETAILED MEDICAL EXPERTIZE Â§ EASY-TO-USE, STEP-BY-STEP "HOW-TO" GUIDES Â§ THE BEST DATA-LED REFERENCE BOOK. Â§ 58 ILLUSTRATIONS ON HELIUM METHOD Â§ 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.

## Book Information

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## Customer Reviews

Five Last Acts - The Exit Path is easily the best book I have read on the subject of self-deliverance (suicide to end unrelievable suffering). Chris Docker, the author, is clearly a scholar on the subject. The text is richly annotated with background material and references to original articles, a feature usually absent from writing on this topic. The content is authoritative. As a person familiar with the physiology of death, I found the explanations lucid, completely accurate and informative. One of the most compelling aspects of the book is Mr. Docker's clearly stated descriptions of the advantages and disadvantages of each method. Importantly, his extensive discussion of fasting (refusing food and water) debunks misleading statements made by some others who advocate this method above all others. Docker's handling of this issue is balanced, precise and refreshingly unbiased. The main

theme of the book is detailed explanations of each method, including step-by-step instructions with illustrations. Anyone considering self-deliverance would benefit by carefully reading these instructions. In addition to recipes for success, the text compassionately warns of pitfalls for each method that could lead to disability instead of death, an important consideration that is too often ignored. The book benefits from limiting the content to methods for ending life. The Introduction clearly states that related issues, such as legal restrictions, wills, and management of family and care-givers, while critically important to those considering self-deliverance, are not explained here. This allows the author to do a more complete job of the topic at hand, which is practical methods. Five Last Acts is both a major contribution to the field as well as an indispensable resource for people who face intolerable suffering. Docker shows deep compassion and exceptional courage by producing this controversial work. In doing so, he is surely preventing untold suffering.

For anyone interested (should the need arise) in taking control over one's own destiny in the face of an incurable condition, this book covers it all. I have read many publications on the subject but never one with this much information. It's literally as thick as 4 standard books. This book brought me a lot of comfort, knowing I have the knowledge and support by my side for the unpredictability of the future. Thanks to the author for his courage and hard work on writing this one.

This book goes beyond other books on the topic and reflects the author's many years and expertise in the right to die. Authoritative and well-written. I highly recommend it.

nothing not to like here. All the information you need in one place. Not perfect but pretty close. The best part is they tell you what can go wrong and show you how to prevent your own mistakes. Well worth the hefty price tag.

Excellent book! Not only covers the much needed understanding of the physiological aspects of the human body but touches on psychology as well. I thought it a very well written book, which did a nice job balancing all aspects of end of life issues.

God bless all the people who made this book possible for those of us who want the RIGHT to Die with Dignity. And the right to leave our life when we wish, not when the government, lawmakers and medical demigods choose for us. This book should be in every medicine cabinet. Wouldn't you like to go pain-free from this world....now you can

I've read some of the parts of the book, but I especially read the part I was interested in. I never knew or heard of easy-painless ways to die. I never knew Helium could kill you. Helium is the way I would want to go. People have the right to make thier own choice in thier life. People have no idea why they made that choice, they have no idea what kind of life that person has been through and they have no idea of what lie's in the future for this person. Granted the person doesn't know everything that lies ahead, but if there is something in thier life that repeats itself and there's no way to cure or fix it then let them make "thier own desicion". The people out there that are judging our decision should just shut up! You have no idea who we are, you're not a friend, you're not a relative, you're not even a neighbor, you just happen to read this and think your allowed to judge us. Do "US" a favor go to your bedroom or bathroom mirror and judge yourself!

It's a shame that such a valuable book like this is so expensive and out reach for so many who would benefit from this book.

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