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# Five Last Acts (2nd Edition): Expanded & Revised



## Synopsis

(Please note that a 2015 updated edition is also available). Hailed in 2010 as the most complete source available, *Five Last Acts II* details options and methods for rational suicide in the event of unbearable and unrelievable suffering. Bringing reassurance, knowledge and hope, and the strength to face an uncertain future. (Please note a 2015 version is now available.) Even with modern technology, not all ends are good ones. Although palliative care continues to make great strides, the final hours or days of some people are so difficult that they elect to take matters into their own hands and end things sooner rather than later. Once that decision is taken, lack of knowledge, planning or preparation can result in even greater suffering. *Five Last Acts* collects the wisdom of multi-disciplinary research, workshops and developments worldwide in a major new volume. The body of the work is written in easy-to-understand language to offer a practical guide for every reader. Technical explanations are reserved for the appendix. *Five Last Acts* provides the reliable options for the last act in your own play. Feedback on the first edition: "I have just finished reading your most excellent book, *Five Last Acts*; it is so well-researched, so informative, so clear, that it leads me to ask this question: which rational person would not want to obtain a copy of this book as an insurance policy against an uncertain future?" Chris Goodwin The new edition of *Five Last Acts* is completely revised and expanded, giving even clearer insights and the most comprehensive guidance on self-deliverance worldwide. Over 400 pages with more than 40 illustrations and over 450 references. It is the only book of its kind that includes the emergency methods and practices that can even be used if one finds oneself confined to a hospital or a nursing home.

## Book Information

Paperback: 414 pages

Publisher: CreateSpace Independent Publishing Platform; 2nd ed. edition (October 10, 2010)

Language: English

ISBN-10: 1453869379

ISBN-13: 978-1453869376

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 23 customer reviews

Best Sellers Rank: #990,362 in Books (See Top 100 in Books) #16 in [Books > Law > Estate Planning > Living Wills](#) #19 in [Books > Law > Health & Medical Law > Right to Die](#) #192

## Customer Reviews

Chris Docker is an established writer in Law and Ethics in Medicine, producing key works for the professions, academics and the public on topics that include living wills, death & dying, and 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 failed. He is Director of Exit and has led the interactive workshops run for many years across the UK. Five Last Acts is his third book on self-deliverance.

This book delivers on what it promises: easy, painless ways to end one's life when suffering becomes intolerable -- without involving a friend or loved one and putting them in legal jeopardy.

this book, like the first edition is wonderful. It walks you through the best methods for self deliverance and then shows the best and safest way to put them into practice with no failures. A must have for anyone in great suffering.

Simply the best all around guide on how to ethically end your life painlessly and effectively the right way in baby steps that even a teenager can do. Thanks for this book, I now have the utmost confidence to end my life by next week, I'm 28 years old but I feel like I'm in the wrong place at the wrong time. I hope my family will forgive me for this.

A taboo subject treated with the good sense it warrants. A grown-up, informative and practical tome that provides for all levels of capacity (or lack thereof).

It delivers what it promises. It's also an indictment of the current US legal tangle regarding the most basic of civil rights, the control over ones own life or death.

I have the confidence though not the courage I had before. I trust this book. I would recommend it to anyone thinking about self deliverance.

An amazingly kind, thoughtful and insightful book written about one of the most important topics in

all of our lives: When and how to die.

This book is clear, thorough and easy to understand. It takes the mystery out of a subject that many people have thought about.

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