

**THE #1  
NEW YORK TIMES  
BESTSELLER**

THIRD  
EDITION  
Revised and  
Updated

# FINAL EXIT

*The Practicalities of  
Self-Deliverance  
and Assisted Suicide  
for the Dying*

**DEREK HUMPHRY**

*Author of Jean's Way and Let Me Die Before I Wake*

*"Straightforward...speaks to a growing concern  
of most Americans."—Newsweek*

Derek Humphry

Final Exit Digital Edition (2011 KE): The Practicalities of Self-Deliverance  
and Assisted Suicide for the Dying



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Last Exit Digital Edition (KE 2011) The Practicalities of Self-Deliverance and Assisted Suicide for the Dying by Derek Humphry, founder of the Hemlock Society Revised 3rd edition (updated July 2011) ISBN 978-0-385-33653-6 Book Description: 'Last Exit' is the most famous D."Y. textbook on voluntary euthanasia and assisted suicide. There is unique step-by-step vocabulary for the proficient adult who is terminally or hopelessly ill to provide their existence to a peaceful, nonviolent end if indeed they wish. This is often attained without Dr. Kevorkian or any doctor. Drug dosages and helium gas methods are defined and illustrated. It has been "Final Exit' outlines the legal complications connected with dying, death, hastened death, euthanasia laws, suicide, Living Wills and Advance Directives.' For instance, the 1st and second editions did not support the helium gas technique right now used by hundreds of people because of their own euthanasia. His book on that event, 'Jean's Method' is a cult classic. This revised third edition of 'Final Exit' (2010 revision) is much changed from the earlier editions, which date from 1991 when it had been, the 'Number One' bestseller on the New York Times nonfiction list. The entire Oregon Loss of Life With Dignity Work, which permits physician-assisted suicide for the residents of this state (and more recently Washington), is included as an appendices. The revised 3rd edition also includes new drug dosages plus updated guidance on helium hood method and exit bag (plastic material bag) and other techniques. \* \* \* \* \* The author, Derek Humphry, who today has more than 30 years knowledge in the death with dignity movement, helped his initial wife Jean to die when struggling a lingering loss of life from breast cancer. The papers' editors and critics stated: "The main topics assisted suicide exploded in controversy in the 90's, because of the Michigan pathologist Jack Kevorkian and his suicide machine, which how-to manual [Final Exit] from an English journalist who helped his cancer-stricken first wife kill herself. I. The family aspect is talked about and the advisability of a 'suicide be aware' (with sample) is resolved. In case you are asking the question 'what is assisted suicide?' has been translated into 12 languages, the most recent one being Korean (2010). There's, as yet, no simple 'peaceful pill' for personal euthanasia, and regulation reform can be lagging behind open public opinion, so until after that 'Final Exit' could be the alternative to protracted terminal suffering. Final Exit" or 'what is definitely euthanasia and assisted death?' after that this exit book supplies the clearest answers. Much the same methods are used by Dignitas in Switzerland, and the proper to die groups in the Netherlands, Luxembourg, Colombia, and Belgium, countries where doctor-assisted dying is legal. the gold standard' of such books for twenty years. Some right-to-die groupings use the publication as a needed primer for people considering hastening their end. In April of 2007, the national newspaper USA Today determined 'Final Exit' as one of the 25 most memorable books published within the last quarter century. The problems with life insurance coverage and suicide are talked about, as will be the ethics of double suicide. Five years after her death he founded the Hemlock Society. which he directed between 1980-1992. Today Humphry runs the Euthanasia Research and Guidance Organization (ERGO), a non-profit organization based outside of Eugene, Oregon. He's an insurance plan adviser to the American group, the Final Exit Network, and to the Globe Federation of To Die Societies, which he was president in 1988-1990.



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This is outdated.. You can find these details on line Not really a lot on new information for me. Dispassionate and intelligent discussion of end-life choices. Here is a hard fact: pain meds often don't work. AS DESCRIBED While DESCRIBD AND WHAT I WAS HOPING FOR. I read this because I live with chronic discomfort and narcotics and barbiturates are of small help. I get worried what might happen if the discomfort becomes unbearable. This book eased my mind.. I'd like the section on suicide from exposure expanded, since it contains risks, but also permits a lonesome exit within natural settings and by natural means (cold). Thought provoking, practical and sincere. I would recommend the reserve to whoever has questions and fears concerning loss of life and how exactly to gain control of your own living and dying. You need 100% helium in the tank in order for it to work.... The publication examines why people who have terminal illnesses may choose to die within their own way and time, instead of waiting for their disease' "Sword of Damocles" to fall. I'm ready right now should I ever need it. Thoughtful and thought-provoking I wish We had read this when my husband was identified as having his fatal-in-5to8years illness. Everyone should own this book as it has the easy way to get out of life before terrible discomfort or the rest home needs your every penny. The book helped me deal with the death of a family member. It is NOT a quick "How to off yourself" DIY book. The book is normally thoughtful and thought-provoking. this book offers practical means of killing yourself, the .. 80% helium so that a peaceful death WONT WORK. This publication is excellent for the anxious types among us, as it is so short, although a little too short on selection of "recommended" techniques. Everyone should own this reserve as it has the easy method to get out of life before terrible pain . Please note: The author recommends readers exhaust every remedy prior to making any choices, in addition to talking with family members. When illness or age approach... Possibly the legal aspects should be setup on a website with a web link pointing to it. Both later years and illness have approached. This publication has been indispensable in understanding from a practical and legal perspective what the options are. It has contributed to conversations with physicians, hospice staff, my friends and family, and lawyers. That is no "Dr. Kervorkian light," in that Humphry tells it straight re the self-deliverance experiences and options, the majority of which are pretty unattractive from my point of view for a loved one or myself. However, he also explains how exactly to work with healthcare staff to reach palliation and a moving with dignity, pain free, should one select. The book is in some ways out of date, referring, for example, to the Hemlock Culture rather than to the (2014, current & excellent) corporation, Compassion & Choice. Additionally it is somewhat out of date in federal and some state laws, especially laws and regulations ensuring a patient's to convenience and palliative care, as far as I can tell. Nonetheless it is straight, yet compassionate however you like and covers almost everything I wanted to understand concerning this difficult topic. actually gas companies are now placing 20% oxygen & Then update the publication to cover more options. I think it an fine worth specially at used reserve prices for the newest edition. painless technique is by hellium, but the book is incorrect. This happenned in 2015. Following guidance in this reserve, you could nearly "exit" and being proud of this last take action. I felt great peace after reading it, and slept that night like a baby, or should I say like the lifeless, unlike the majority of the last few months. this book offers practical ways of killing yourself, the issue with the majority of the methods it suggests is that you'll require medications that you could only get with a prescription. A brave and careful author. Among my ten favourite books, not because of being good read, but because of its topic. A required read and memorize book Quite detailed and covers pretty much all the questions I care to ask.! I will no longer have panic attacks about whether or when I can end

my life. If it's essential you control the finish you will ever have, this readable and understand reserve will give you much relief. Even if you are not thinking about self deliverance This book is still valuable for the factual accounts. Overview of Final Exit I found this book very useful and will enroll in the Final Exit group. Read it if you know someone extremely ill.. I disagree with his premise that just people with incurable physical illnesses are allowed to end their lives. Perpetuates the notion that psychiatric disorders and mood disorders are easily treatable. An extremely instructive book! No ANXIETY ATTACKS Here The most important book I've read.! Life is a choice. And selecting how one leaves this senseless world is one of the few options that nature designed so that an individual can choose to have complete control on the process if she or he so chooses. Additionally it is a choice no-one should ever take away from someone else. This book offers methods and leeways for someone who possess summoned up the courage to state his or her chair among the gods, mostly methods to deal with some of the ways he or she can bring about the end without much pain or additional suffering. Interesting read on this topic Good read.. It offers a solid basis for these discussions and additional research. My only problem with the book is normally that in its attempt to deal with these obnoxious laws and regulations that have been erected by meddling and obnoxious self-appointed Guardians of Morality, it didn't talk about available modern technologies that could get this to solitary journey a more joyous experience. Went over various strategies. Or, while there is therefore many school shootings in america lately, go go to one of them.Should be required reading . The easiest & Super important book, nonetheless it should still preferably be an introduction into topic. Because of this book I'll live much longer because I know there exists a fast and pain-free way to avoid it when I'm ready. Every party shop & If you or someone you care about needs a good general reserve to supplement discussions with clergy, doctors, and family, you might find this excellent.. A quick two day read, which extremely enhances your personal freedom, to the point of having the best: -freedom from existence, when this becomes intolerable, -giving you real, less terrifying options, to depart without last minute suffering and departing an uncomfortable mess behind. You cannot actually get it online, other than buying an empty container at lowes. Second, you cannot actually get the drugs needed within the US to produce a peaceful death feasible. You'd be better off shifting to Oregon where dying with dignity is normally legal. Outdated in 2018, USA I bought this book in 2018. Your luck of getting a "final exit" might be better there. Many thanks quite definitely, Mr Humphry. Interesting Intriguing, and food for thought. Doctors often will do horrific procedures to keep individuals alive. I AM A MEMBER OF COMPASSION \$ CHOICES AND BELIEVE GOVERNMENT DOES NOT HAVE ANY TO LEGISLATE ABORTION OR SELF DELIVERENCE AT THE OTHER END OF LIFE.



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