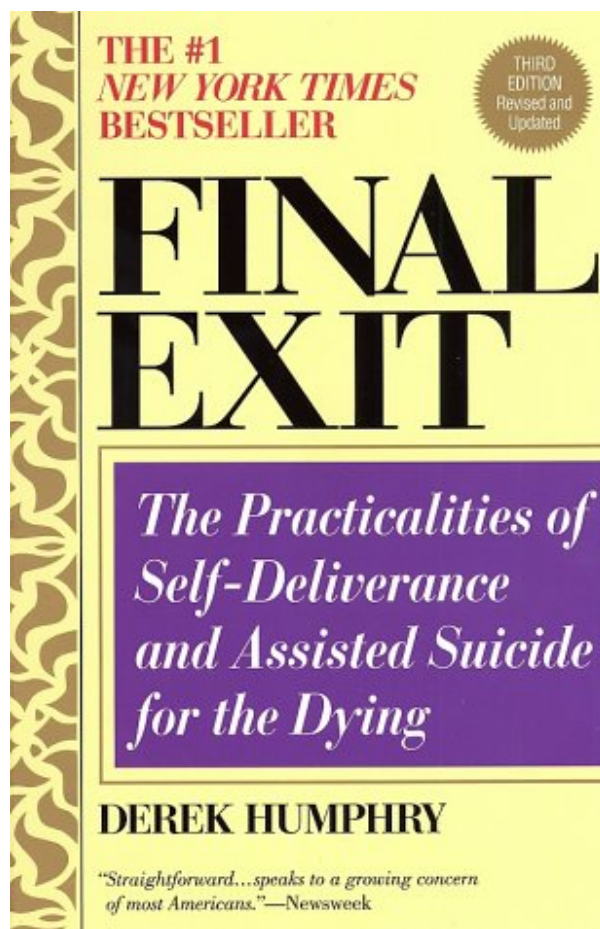
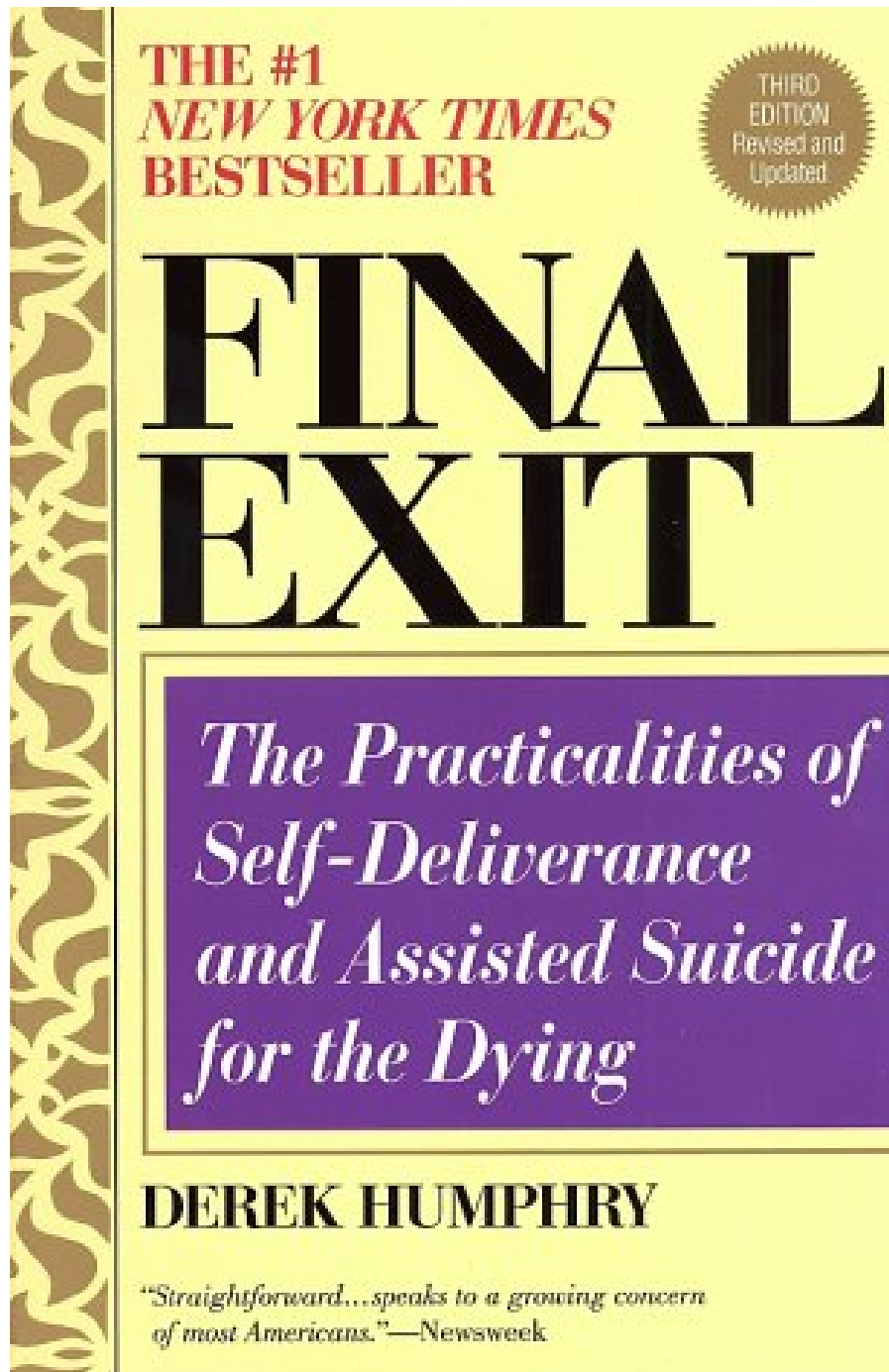


**FINAL EXIT: THE PRACTICALITIES OF
SELF-DELIVERANCE AND ASSISTED
SUICIDE FOR THE DYING, 3RD EDITION BY
DEREK HUMPHRY**



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Review

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death" at our time of greatest need.

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Published 2002, the revised, 3rd edition of the bestseller "Final Exit" describes the ways in which a dying person may consider hastening the end of their life if suffering is unbearable. Laws and ethics are outlined in a straightforward fashion. Drug dosage tables and the latest inert gas technique of 'self-deliverance' are explained, with illustrations.

Bantam Dell published an updated version in April 2010, known as edition 3.1

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Most helpful customer reviews

105 of 106 people found the following review helpful.

Final Exit - Your choice

By K. Tini

I found this book to be incredibly informative. Watching my parents in the throes of death has made me vow to not do this to my children. Any ideas I had prior to reading this book were dispelled and I'm grateful to know what doesn't work! The book is not for the weak at heart - especially the illustrations but I've already connected with a partner and hope, that when the time comes, I'll have the fortitude to carry through.

267 of 283 people found the following review helpful.

A Book that Respects People's Choices About Dying

By STEPHEN PLETKO

+++++

After I read this book (first edition published in 1991) by Derek Humphry, I read some reviews of it on this site as well as on other sites. In many cases, I wondered whether a particular reviewer read the same book as I did! There seems to be some confusion as to the purpose of this book.

I think the confusion stems from a lack of understanding of two terms. "Suicide" is deliberately ending one's life. It is usually an irrational act. (For the record, I don't believe in irrational suicide.) "Self-Deliverance" is the action of an irreversible ill person (such as a person who is hopelessly ill or is terminally ill) who makes a rational, voluntary decision to end his/her own life.

The second of these two definitions is what this book is about. In the author's own words: "Please respect the true intensions of [this book]: the right of a terminally ill person with unbearable suffering to know how to choose to die."

Thus, this book is not for the depressed, mentally ill, or suicidal. The author elaborates: "I ask people with suicidal thoughts to share them with family or friends and if this does not help, to call one of the hot lines or help lines listed in their local telephone books."

There is an argument that the above three types of people might use the information in this book for their own early demise (despite the book's warnings) and therefore it should not have been published. But this is like saying tall buildings (or cars or bridges or etc.) should not be built because those with the intension of suicide might use them for an early demise. The fact is a suicidal person will always find a way.

Also, this book is not for the religious. The author, again, elaborates: "If the reader of this book is deeply religious, and takes all guidance from a divinity, then there is no point in reading [this book]. [As well], all I [the author] ask of persons to whom any form of euthanasia [or assisted dying] is morally repugnant is tolerance and understanding of the feelings of others who want the right to choose what happens to their [dying] bodies in a free society." Thus, "this book assumes the reader's ethical acceptance of the right to choose to die when terminally ill and [so] the arguments for and against are not addressed."

This 27-chapter book covers all the practicalities involved in self-deliverance. From the importance of

certain documents, to the law, to consideration of others, to the pros and cons of various methods (including certain drugs), you'll find this book a compassionate and sensitive guide. It contains clear instructions for supportive doctors and families so they can keep a person's dying intimate, private, and dignified.

This book has four appendices. I think most people will find Appendix A: "Glossary of Terms Connected with Dying" most informative.

Finally, this is an excellent book for those (like me) who are interested in knowing more about this neglected subject. The obvious fact is that we all die sooner or later. Knowing some of the information in this book will help the reader understand and not deny that death exists. As well, I learned about rights. Some people want to endure every last minute of life no matter how painfully gloomy and that is certainly their right. (In fact, there is a chapter in this book entitled "The Hospice Option.") However, others do not want to endure pain and suffering and I think that should be their right.

In conclusion, this book should not to be read by the depressed, suicidal, mentally ill, or the strictly religious. For all other readers, it can be used as a practical guide or as an educational text to understand death and basic human rights.

+++++

104 of 110 people found the following review helpful.

This is a manual, not a religious text

By Stephanie E. Ladd

Final Exit does not discuss the spiritual and ethical issues surrounding suicide and euthanasia. Some have criticized Derek Humphry for not including such discussions, but I contend that author has acted appropriately: the scope of this book is inform others on how to effectively plan and execute the last moments of life. It would be presumptuous of the author to lecture his readers on their own faith. If you are looking for answers concerning the spiritual ramifications of ending your life, then you should refer directly to sources on which you base your faith.

Concerning Final Exit's effectiveness as a manual, the language is clear and concise, the description of materials and their use is accurate, and the book provides you with adequate information to help you troubleshoot any problems unique to your situation.

I left off one star only because some of the drugs mentioned in the book are next to impossible to obtain due to the termination of production by pharmaceutical companies. There are alternatives, but these will require a bit more effort on the part of the reader.

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