



## Five Last Acts (2nd edition): expanded & revised

By Chris Docker

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(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.

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## **Editorial Review**

### **About the Author**

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.

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