Suicide and Attempted Suicide: Methods and Consequences by Geo Stone

The Power To Choose

Razors pain you;
Rivers are damp;
Acids stain you;
And drugs cause cramp;
Guns aren't lawful;
Nooses give;
Gas smells awful;
You might as well live.

---Dorothy Parker, Resume, 1926    The book is divided into two parts. The first half outlines a wide range of suicide-related topics: history of suicide; sociological, biological, and psychiatric views; why people kill themselves; intervention in suicide; assisted suicide in terminal illness; living wills and other advance directives; the practice of euthanasia in the Netherlands and in the US. The second half is an examination of how people kill themselves: This section describes, in sometimes-gory detail: (1) methods people use to commit suicide; (2) the medical consequences of suicide attempts; (3) how to carry out a safe suicidal gesture; (4) how to commit suicide as non-traumatically as possible. You may find parts of it disturbing. But the consequences of ignorance are more disturbing: botched suicides, accidental deaths and maimed survivors, slow and painful deaths. Every 18 minutes someone in the United States kills himself. A few are younger than ten years old; others over ninety. Between seven-and-a-half and sixteen percent take more than a day to die. An estimated 300,000 to 600,000 survive suicide attempts, but suffer varying degrees of injury. Nineteen thousand are permanently disabled each year. Estimates vary, but only about one in ten or twenty suicide attempts is fatal. Given the easy availability of highly lethal methods, it seems that most suicide attempters don't want to die. Yet
some people who didn't intend to die do kill themselves. Many lack knowledge of drugs and may unknowingly take a lethal overdose. Some expect rescuers to save them. Others, who are genuinely trying to die, live through their attempts. Many survive five-story jumps or head-in-the-oven gassing. Few have an accurate idea of how dangerous their chosen method is, or the consequences of its failure. Throughout the book, the author provides evidence of the medical effects of each suicide method so that you can make more realistic decisions, whether you're thinking about killing yourself or hoping to get help and attention. The author also cites his information sources in 40 pages of endnotes, so that you can readily look at the original data. The material here is intended both for those who want a quick and relatively painless death, and for those who want to carry out a suicidal gesture as safely and non-injuriously as possible. If it convinces some potential suicides to seek other solutions---suicide should be an absolutely last resort and mistakes may leave you crippled---so much the better. But the fact remains: there is no way to limit this knowledge to those whose motives one agrees with. To make the authors premises explicit: (1) Decisions concerning your death should be, ultimately, yours to make; (2) Most--but not all--decisions to commit suicide are due to temporary problems, and are tragic mistakes. For those who are religiously, philosophically, or ethically opposed to suicide under any circumstance, this publication will be of little comfort; those who believe that it is each persons right to decide, insofar as possible, when and how to die may find some answers to their questions and fears.

Personal Review: Suicide and Attempted Suicide: Methods and Consequences by Geo Stone

When I was 11 years old, my brother and I were walking to our favorite swimming spot on the Colorado River. We passed through a dusty, overgrown lot where an old man had been living in his trailer. We saw him working around his car, with a tube that he'd taped to his exhaust pipe. He looked up, smiled and waved. When my bro and I were done with our swim, we walked home the same way we'd came. We noticed the old man's car running...amber smoke in the car, the long tube taped from his exhaust pipe to the rear window...his head was leaning against the passenger window. We knew then that he'd killed himself. The thing that strikes me about that memory is the peace that I saw in the old guy's face prior to his making his exit. He wasn't obviously tormented - he looked happily resolved. And if my life was deteriorating in an uncomfortable and irreversible way for myself, I'd like to think I have the backbone to go ahead and pull the plug like he did. Why is there so much stigma attached to this act? I guess the key word here is "irreversible". Some dire situations, certain emotional pains - seem to have no end, so suicide appears to be the best solution to some people...in the moment. If they'd just work through the pain of a temporary situation...they can go on to a happier existence. Is this a dangerous book for people at that threshold? My life partner reacted badly to the mere idea of my owning this book, and brought that point up. I reminded him that he and I come from a generation that was used to hiding all the smut and dirty little details of...
reality...the new generation is the "Information Age". If a person really wants to learn how to do something, they can research it on the net and forums dedicated to certain controversial topics. But this book DISSUADIES someone from making a foolhardy gesture - going into detail about the consequences (pain/crippling) of certain common methods of trying to "dispatch" oneself. It's presented in a very realistic, responsible way. If I had to lose my entire library and only keep one book - this would be the one book that I would keep - tucked safely under my arm - as a valuable reference for the moment I might need it in the (hopefully distant) future. Throughout the tumultuous journey that is life, I find great comfort in having my guidebook, my "map", of how to gracefully, and with dignity, be able to find my final resting place - should I need it.

XXX...As a final note to this review; I found out later that the old man my brother and I saw commit suicide had been pining for his life-long sweetheart, who had died the previous year...in addition to facing grave health problems of his own. I used to go into his abandoned trailer to play "Go-Fish" with my little friends, and never felt weird about what I'd witnessed. I felt like he would have welcomed me being there. I wish people would start giving up their fear of death in our narrow-minded little western society. Other, comparitively primitive societies have much healthier and more realistic attitudes than we do.

For More 5 Star Customer Reviews and Lowest Price:

Suicide and Attempted Suicide: Methods and Consequences by Geo Stone 5 Star Customer Reviews and Lowest Price!