

***The VSED Handbook*, by Kate Christie**, offers a practical framework for individuals seeking a peaceful and dignified alternative to a prolonged and agonizing death. This 84-page handbook provides practical insights into the different stages of the VSED process, including its challenges and unexpected benefits.

The author stresses the importance of careful planning, access to palliative care (including medication to alleviate symptoms), and a strong support team. **VSED can be one of the fastest and most painless ways to hasten death which generally occurs in 10 to 14 days.** The VSED Handbook (Second Growth Books, 2022) is available at your favorite bookseller.

