



# The Last Goodnights: Assisting My Parents with Their Suicides

*John West*

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A husband and wife, both medical professionals, are gravely ill. Rather than living in pain, they choose to end their lives, and they turn to their son for help. Despite the legal risks and certain emotional turmoil, he agrees—and ultimately performs an act of love more difficult than any other.

*The Last Goodnights* provides a unique, powerful, and unflinching look inside the reality of one of the most galvanizing issues of our time: assisted suicide. Told with intensity and bare honesty, John West's account of the deaths of two brave people is gritty and loving, frightening and illuminating, nerve-racking and even, at times, darkly humorous. As West's story places him in one of the most difficult experiences anyone can endure, it also offers a powerful testament to the act of death by choice, and reveals the reasons why end-of-life issues are far too personal for government intrusion.

Intimately told, *The Last Goodnights* points out the unnecessary pain and suffering that is often forced upon dying people and their families, and honors the choice to die with purpose and dignity. In the end, this story is not just about death—it is also about love, courage, and autonomy.

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