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# One Last Goodbye: Sometimes Only A Mother's Love Can Help End The Pain



## Synopsis

Watching her child die is the hardest thing a mother can ever do, but for Kay Gilderdale, saying a final goodbye to her only daughter Lynn was exceptionally painful: she'd played a part in her death. Lynn was just 14 when she was struck down by the crippling disease ME, leaving her paralyzed and in constant agony. Over the next 17 years, she became desperate to escape her miserable existence, even begging her mother to help her die. So, one night, when Kay found Lynn attempting suicide, she was forced to make an impossible decision. Continue watching her child suffer or help her end the pain? Eventually, fighting her every instinct, Kay helped her precious daughter take a fatal overdose. But while Lynn was finally free, her mother faced a fresh agony— a possible lifetime behind bars. The highly controversial trial that followed opened a fierce public debate on assisted suicide. Is it murder or mercy? Here, in her heartbreaking story, Kay reveals the harrowing truth behind the headlines and the desperate lengths a mother will go to for the love of a child.

## Book Information

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## Customer Reviews

Kay Gilderdale was born in Dublin in 1954. The youngest of 10, all she'd ever wanted was a family of her own. After leaving school, she trained as a nurse and went on to have two much-longed-for children, Stephen and Lynn, with her then husband Richard. Kay now lives alone in East Sussex and is a proud grandmother of two. Kay is a dedicated supporter of The 25% ME Group. The charity exists to support those who have the most severe forms of ME and the people who care for them.

I had to read this book and even though it was sad and beautiful I understood the daughter's desire

to end her suffering when it was clear she would never have a better quality of life due to her illness. The mother tried to convince her daughter that a cure could happen in the future and please not want to die. I cried from the middle of the book to the end and it ripped my heart out. This mother and daughter had a very close and loving relationship.

Your heart goes out to this Mother who had to deal with the worst possible scenario. You end up loving her sweet daughter who never loses her spunk thru everything. I also appreciated the Mother's honesty who admitted that it wasn't always easy to deal with the struggles of taking care of someone so sick. I do wish she would have expanded on how her marriage suffered during this episode, I think that this would have been helpful for parents who are on the same road.

Well written book by a caring mother. Very sad indeed. I hope Kay is now finding some happiness in her life. Lynn would have wanted this for her Mum. God bless Lynn and her family.

If you want to understand what myalgic encephalomyelitis (M.E.) is then this is the story you want to read. It is sad that Lynn had to die in order for her story to be told, but it is a story that should and must be heard.

Kay Gilderdale and her family have had the terrible misfortune of being not only the victims of the terrible neuro-immune disease ME ('CFS'), but also of the British government's persecution of ME patients. She is very brave to speak out and tell her gripping story. One of the most moving narratives I have ever read. If you think patients are not intentionally victimized by the government in 'civilized countries' in order to save itself and insurance companies from having to treat them, think again.

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