

WILL'S DEPRESSION IN JOJO MOYES'S ME BEFORE YOU

by Santi Etika Febrianti

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TIME SUBMITTED	12-JUL-2020 10:33AM (UTC+0700)	WORD COUNT	5455
SUBMISSION ID	1356312185	CHARACTER COUNT	27181

WILL'S DEPRESSION IN JOJO MOYES'S *ME BEFORE YOU*

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Abstract

The study is about the analysis of Will's Depression In *Jojo Moyes's Me Before You*. *Me Before You* is a novel tells about a person who experiences depression and how it affects his life. In this thesis, the writer examines the life of a man who is depressed after a motorcycle accident which makes him quadriplegic. The writer picks up the one of the main ideas of the novel that is depression and analyzes the symptoms of depression on Will Traynor, the causes of depression on Will Traynor and the effects of depression on Will Traynor. This thesis uses the theory of psychology and the method used is descriptive qualitative. After analyzing the depression on the one of the main character's, the writer finds the symptoms of depression, namely: believing no one cares, self-centeredness, loss of hope, feeling unhappy, easily angry, lost of interest, fatigue and loss of energy, physical problems and suicidal attempts. Next, the causes of depression are loneliness or isolation, never think positively and trauma. Finally, the effects of depression are sleeping too much, health problems and committing suicide.

Keywords: depression, symptoms of depression, causes of depression, effects of the depression

INTRODUCTION

In life, we as humans not only experience happiness or sadness, but sometimes humans can experience depression. Depression is a condition when someone feels sad or loses someone or something in their life. Someone who is depressed will affect their mentality (Goodman, 2011: 32). Based on an understanding of the theory of depression, depression clearly affects mentally because they face problems in their lives. Furthermore, feelings of sadness are identified as characteristics of depression. It can also be identified as someone who is missing something or someone.

Actually depression can be treated, because someone suffering from depression will experience physical changes such as; appetite disorders, digestive disorders and slow thinking. Some people may not pay attention to the problems experienced, causing people to become depressed. In a psychological state that depression is a psychological disorder that causes a person to have a mood disorder without regard to the condition of other individuals or surroundings (Downing-Orr, 2013: 26).

If analyzed further, depression is also included in the psychology of literature. According to Wellek, R., &

Warren, A., (1963: 101) Literature is one form of human activity contained in their lives. It can include the experiences they have in life. Then, literary psychology is a study which believes that literary works are psychological activities where the authors use their own psychology through the mind, reason, and creative process to produce a work (Santos, 2018: 783). Literary works are experiences that occur in humans which include feelings, thoughts and beliefs in a life, which can draw language and then pour it in written form. The theme of literary works is always connected with the experience and meaning of life. Novels, as one of the literary works, certainly embody the problems and ideas of life experience. The idea or position of a story will appear and set forth in the writing. Ideas contained in an article will give a message to read. The message delivered to the reader will make the reader understand the storyline that is happening. The theme sometimes talks about social life. In fact, literary works tell the life or social conditions in society.

In this case, the topic that is analyzed is depression. Depression is a state of mood that is sad, empty, restless and related to one's physical health. In life, some people may experience depression in their lives. They may have trouble concentrating or making decisions and can become moody. We as human beings may experience pressure on the conditions that occur in our lives or try to run from reality. Therefore, depression can make someone feel hopeless, do not have the spirit of life and try to do anything without thinking about the dangers that occur.

²⁵ *Me Before you* is a novel created by Jojo Moyes. This study²³ will focus on analyzing depression in Jojo Moyes's *Me Before You*. It gives us the

importance of the meaning of life in a different way. When someone gets into trouble in his life, he will fight for the ideal living conditions. The main characters are Louisa Clark and Will Traynor. However, in this case the analysis is focused on one of the main characters, Will Traynor, the symptoms, causes and effects of his depression.

REVIEW OF RELATED LITERATURE

Psychology of Literature

According to Santos (2018: 782), psychology of literature is a study which considers that literary work is a psychological activity where the authors use their own way of thinking to create a work. Literary work and psychology have a close relationship with human life that can be used as an object to be analyzed indirectly. Through this, functional relations arise because psychology and literature try to understand how other psychological conditions are. The differences formed are symptoms in literature and psychology that are imaginative and real.

According to Wellek & Warren (1963: 23), literary psychology is studying humans. Literature shows human nature in life. That means literature is realized as an effort that helps help humans to get a decent life. Therefore, human psychology can be found in literary work. This means that literary works can find out and even study the nature of characters or even other matters related to character. Roberts (1983: 54), in his book *Writing Themes about Literature* says character in novel represent human experiences or problem in real life. So, character traits are illustrated by the statement of someone who deals specifically with the mental state that determines the thoughts, words and behavior.

Theory of Depression

Depression is a common mental disorder that arises due to depressed moods. Problems that occur can be chronic or recurring and cause substantial disturbances in an individual's ability to carry out his daily responsibilities (Bhowmik et.al, 2012: 37). It can be concluded that depression is more than a sad state, a very severe depression is also called a mood disorder, a disease related to the body and mind.

Depression is a condition of the heart that is very sad and depressed so that someone might think that his life has no meaning anymore. Depression is always associated with mood disorders. Someone who is given the opportunity in his life, feels unhappy. People who are depressed tend to use their abstract ways of thinking in terms of memories, but their perceptions are always leaning about the world.

Depression is also a condition when someone experiences a deep sadness, broken heart, loss of someone or something in life, so that they cause no enthusiasm and no longer happy their lives. Depression provides a severe mental influence for those who experience it (Downing-orr, 2013: 26). Based on the differences about the theory of depression, obviously depression can have a mental effect because they face quite severe problems in their lives. Furthermore, feelings of sad and broken hearts are classified as characteristics of depression. It can also be classified as someone who has lost something or someone in their lives.

According to Schwartz and Schwartz in Robbins quoted by (Veranita, 2013: 2), depression is a mood disorder that everyone has the opportunity to experience. This is a disease that can make someone fall into

a world where they will feel prolonged sadness, hopelessness, lack of motivation to move, lose interest in things that were previously entertaining, and blame themselves. This can be categorized into major diseases related to physical. Most people in this world express that depression is a way to deal with the pressures in life.

Depression is not a condition that can be changed quickly or directly. As a result of depression, daily activities become unpleasant. Even to maintain relationships with other people and their own families feels so heavy. According to Johnson (2018: 320) says depression is a feeling of sadness felt by someone which is basically caused by a deep sense of disappointment. Depression can make someone feel alive is of no use, it can even trigger sufferers to commit suicide.

Symptoms of Depression

Johnson (2018: 321-323) classifies ten major psychological symptoms of depression. **The first**, this usually happens to a woman. She will lose excessive appetite when in a condition that makes him depressed. **Second**, this will happen when someone is always thinking about the problem they are facing at any time. Depression encountered will be difficult to sleep. Because the brain can't work relax. **Third**, someone will spend more time in the bedroom or sofa to forget the problem. And avoid work that requires some responsibility. **Fourth**, someone will feel that no one cares about him whether it is, family, friends, relatives, relatives and lovers of his heart. Someone will tend to be alone from the closest people and the environment. That means the person will lose connection with the other. **Fifth**, someone thought that God was no longer fair to him. Someone feels that God has disappeared and no longer

remembers it. Because the person feels that the burden is heavy. Someone will stop to pray and ask him (God). **Sixth**, people will always remember bad events that dreamed of at a time that he could not control. The person does not want to face the reality that has been received. **Seventh**, one will not care about other people or anything that happens around them. People only focus on themselves. He does not pay attention to everyone except just himself. **Eighth**, someone no longer wants to struggle in his life and a sense of despair appears. Because he thought that there was nothing more he could do in his life. That means a depressed person will lose hope in his life. **Ninth**, a depressed person will lose the enthusiasm to do everything he likes and activities related to the community. Someone even stopped his actions with the surrounding community. **Tenth**, someone who is depressed will find it difficult to make decisions. He is also confused about what decisions must be made to decide something. The person often makes the wrong decision.

While Bhowmik et.al. (2012: 38) said that the symptoms of depression can be reflected through:

1. Feelings unhappy or sad
2. Easily angry
- 20 3. Loss of interest
4. Decreased sex drive
5. Anxiety
6. Slow thinking
- 20 7. Indecision and distraction
8. Fatigue and loss of energy
9. Difficulty thinking
10. Suicidal attempts
11. Crying for no apparent reason
12. Physical problems

From the explanation above, there are many kinds of symptoms of depression, but the writer only takes a few of them related to the novel chosen

by the author. This is a clue for the writer to analyze Will Traynor's depression in Jojo Moyes' *Me Before You*.

Causes of Depression

Depression can cause mood swings. The cause of depression may differ from one person to another, it all depends on the type of depression they are experiencing. Lynne (2009: 3) described there are nine causes of depression which include; Isolation and loneliness, having a bad life experience, lack of empathy from the people around, economy problem, trauma, relationship broken with loved ones, never think positively, biological causes, stress in continuing his life.

Effects of Depression

In the book 'Healthy Place' according to Drew T MD (2001: 100) one of the effects of depression is found in someone with depressive symptoms such as experiencing insomnia or sleeping too much, no longer caring about family, friends, relatives, hobbies or work, even sexual activities. In some cases such as losing a normal life and losing a person who becomes his life spirit, will have an effect on someone who will blame this condition, which leads to bad activities such as alcoholism, and then he can not think normally. The person will lose motivation in his life. It created thoughts to end his life by committing suicide.

Another effect of depression according to Drew T MD (2001: 122) is about " the self-recrimination for things in the past and the present". A depressed person will spend more time each day isolating themselves than someone suffering from ailments such as diabetes,

high blood pressure, lungs or digestive disorders. That person will feel ostracized and even feel no one cares anymore for him. That means someone who is depressed can no longer live their lives normally like humans in general. Not infrequently people who experience depression will experience mental disorders and eventually commit suicide.

And other effects that arise can be seen in an employee who is depressed at work. work that is thought to be a burden that drains the mind will tell effects related to concentration and morals. That means he will lose enthusiasm in his work such as days away from work and ending the decline in creativity. From this explanation, we can conclude that anything that carries a burden on the mind will have a depressing effect on someone.

In the book, Emotional Disorder according to Kliend D in (1998: 101) says that people who experience depression usually describe themselves as unhappy, drop, lost confidence, and desperate. Most people who experience severe depression will lose their strength, will be easily tired and even a little strength that they release it will exhaust them. Maintaining continuous fatigue, depressed people will show their weak behavior. Their body can experience various health problems. Depression also tends to have difficulty making decisions that involve their minds.

They cannot use their way of thinking that is lack of concentration or remembering things well and they have difficulty in making decisions. Usually people will lose enthusiasm in doing everything, and also the problem of insomnia or sleeping too much. And it's always different, people whose moods are depressed and feel that they are no longer valuable. They do not have good

thoughts in themselves; they always remember their failures; they believe that they are a problem with no hope at all. Such feelings will easily lead to the final effect of depression: they think that the suffering experienced will be finished with the only solution that comes to mind is death and suicide.

Research Method

In this study, the writer uses psychological approach in analysing the novel. Psychological approach applies psychological theories to explain the character's personality. The method used in this research is descriptive qualitative method. According to Dowson (2002: 14), qualitative method is method in which the writer can explain or illustrate the substance of the narration. This method aims to describe Will Traynor's depression in the novel *Me Before You* by Jojo Moyes.

Analysis

This chapter contains the analysis of Will Traynor's depression in his life. Will Traynor is one of the main characters of the novel *Me Before You*. He can be classified as a major character because he appears from the beginning to the end of the story. The discussion is divided into three subchapters. The first is the symptoms of depression on Will Traynor, the second is the causes of depression on Will Traynor and the last is the effects of depression on Will Traynor.

Symptoms of Will Traynor's Depression

Someone can be called as a depressed person when he feels or has some symptoms of depression, as felt by Will Traynor. Based on the theory in chapter II, the psychological symptoms

of depression on Will Traynor's can be classified. They are believing no one cares, self-centeredness, lose of hope, feeling unhappy, easily angry, lost of interest, fatigue and loss of energy, physical problems and suicidal attempts.

Believing No One Cares

The first symptom of Will Traynor's depression is believing no one cares. Will Traynor becomes quadriplegic after a motorcycle accident. However, his limitations make him quick to anger and feel that there is no one who cares him anymore. When Will Traynor's mother keeps trying to care about him with the help of Louisa but he refuses his mother's care and even gets angry with what his mother does, as in the quotation below:

¹ "We hesitated outside the door and Mrs. Traynor knocked. Are you in there? I have Miss Clark to meet you, Will.

³ As we stepped into the room, the man in the wheelchair looked up from under shaggy, unkempt hair. His eyes met mine, and after a pause, he let out a bloodcurdling groan. Then his mouth twisted, and he let out another unearthly cry." (Moyes, 2012: 35)

Will Traynor welcomes Louisa's arrival with a terrible and painful voice. The man grimaces, his head tilts and sinks to his shoulder as he looks at Louisa through the furrowed features. He looks strange, and faintly angry. Will Traynor always believes that no one cares about him.

Self-Centeredness

The second symptom of Will Traynor's depression is self-centeredness. Will is angry when Louisa tries to fix Will and Alicia's photo

frame. He shows again politeness to Louisa, as in the quotation, "Will eyes widened a little. There was a beat before he spoke again. And what if I told you I didn't want you here!" (Moyes, 2012: 64)

Will never thinks of other people's feelings because of his words. He only thinks of himself.

Loss of Hope

The third symptom of Will Traynor's depression is lose of hope. The accident made Will Traynor lose hope in his life. In the first year of treatment with physiotherapy he could only move a few fingers. That made Will desperate. ⁴ can be seen from what Nathan said. "He does it, but I don't think his heart's in it. When I first came, he was determined. He'd come pretty far in rehab, but after a year with no improvement I think he found it tough to keep believing it was worth it." (Moyes, 2012: 79).

Loss of hope because of an accident that left him paralyzed, making Will end his life.

Feeling Unhappy

The fourth symptom of Will Traynor's depression is feeling unhappy. After a motorcycle accident, Will suffered. He hates his life that has to be in a wheelchair constantly. Will wants to live his life as before full of freedom. But in reality after the accident Will could not do it again. So, he lost enthusiasm and excitement in his life.

¹⁰ "Promise me you won't spend the rest of your life stuck around this bloody parody of a place mat."

⁵ "I just ... can't bear the thought of you staying around here

forever.” He swallowed. “You’re too bright. Too interesting.” He looked away from me. “You only get one life. It’s actually your duty to live it as fully as possible.” (Moyes, 2012: 216)

² The quotation above shows how Will suffered his condition. He wants Louisa to leave him. Because he could ² not live forever in a state of paralysis, stuck in a wheelchair, could not do anything without the help of others. Will's life became unhappy.

Easily Angry

The fifth symptom of Will Traynor’s depression is easily angry. When Louisa worked as a nurse for Will Traynor, then Will's mother began to explain to Louisa what she had to do. Will was angry because He does not like it when his mother talks about what Louisa has to do which he feels he can explain himself. Being quadriplegic after an accident makes him easily angry because he cannot accept that the people around him treat him ¹⁶ a weak person. It makes him angry, “I’m here, Mother. You don’t have to talk across me. My brain isn’t paralyzed. Yet.” (Moyes, 2012: 36)

Will Traynor easily gets angry at everyone when he feels uncomfortable. Visible, Will did not like it when Louisa bothered him and he felt uncomfortable with Louisa's presence.

Lost of Interest

The sixth symptom of Will Traynor’s depression is lost of interest. Will turns into misery after a ² motorcycle accident. He lost interest in himself and his social life. Before the accident, Will was a handsome man, a ² body that was shaved clear and athletic. But after the accident, he began to let his hair and

mustache grow longer. He lost interest in his appearance.

² “In the centre of the room stood a black wheelchair, its seat and back cushioned by sheepskin. A solidity build man in white collarless scrubs was crouching down, adjusting a man’s feet on the footrests of the wheelchair. As we stepped into the room, the man in the wheelchair looked up from under shaggy, unkempt hair.” (Moyes, 2012: 35)

Based on the quotation above, Will lost interest in himself, he let himself not maintained as before. Not only that, Will also lost interest in his social life. When Louisa wanted to invite Will to live the fresh air outside the house, Will was reluctant because he did not want the people around him to notice it with strangeness.

¹ “His head had sunk into his shoulders, and I wondered whether he was comfortable. It didn’t seem to be the time to ask him. We sat in silence.” (Moyes, 2012: 44)

Will feel uncomfortable when in the people around. He did not want to be the center of attention because his condition was only sitting in a wheelchair without being able to do anything.

Fatigue and Loss of Energy

The seventh symptom of Will Traynor’s depression is fatigue and loss of energy. After experiencing quadriplegic, Will is fatigue and loses energy ¹ which makes his condition lying in bed. “He’s in bed,” he said, glancing up at the sky from the doorway. “He’s not too good. I was just wondering

whether to call the doctor.” (Moyes, 2012: 82)

When Will loses energy he just lies in bed. His weak condition makes him look pale and worrying. “I went back into Will’s room and looked at him again. I didn’t like his color. He was pale, high points of something bright on each cheek.” (Moyes, 2012: 85)

Will was a strong and tough guy. At present it must deal with conditions that are easily fatigued and suddenly lose energy after the accident occurred. The situation made Will want to give up his life..

Physical Problems

The eighth symptom of Will Traynor’s depression is physical problems. After the accident suffered by Will Traynor, he becomes a C5-6 quadriplegic. Nathan, Will’s medical nurse and friend, says that Will’s condition would not improve because he has an injury to his spinal cord. Nathan says that Will would not walk again and that the tests carried out at this hospital are only to try and maintain his physical condition. All that is done is trying to make it less painful and maintain whatever level of movement he has.

It comes to a day when Will has a bad day that made him just lay on the bed and let go of his wheelchair, as in the quotation: “I realized his skin was hot under his T-shirt-an intense heat that seemed to come from deep within him” (Moyes, 2012: 84)

He has a fever that causes pain to his body. Louisa who cares for him is very worried about Will’s feverish condition at that time leaving him helpless and pale.

Suicidal Attempts

The ninth symptom of Will Traynor’s depression is suicidal attempts. Will Traynor experiences depression due to the physical problems he suffers after the accident. He wants to end his life by hurting himself. Louisa, who works to care for Will every day, realizes that something is happening that shows the efforts from a Will Traynor to end his life, as in the quotation: “No, it was the livid red lines scoring Will’s wrists, the long, jagged scars that couldn’t be disguised.” (Moyes, 2012: 81)

That is the reason why Will’s mother does not allow Louisa to leave Will alone for more than fifteen minutes. Will’s mother is worried if Will would try to hurt himself again and she is afraid that Will would try to commit suicide again.

Causes of Will Traynor’s Depression

Will Traynor is one of the main characters in the novel of Jojo Moyes’s *Me Before You* who suffers from depression. Based on the theory in Chapter II, the writer classifies there are some factors which causes of Will Traynor’s depression. The factors which will be discussed in this parts are isolation or loneliness, never think positively and trauma.

Isolation or Loneliness

The first cause of the depression experienced by Will Traynor is isolation or loneliness. Will feels his life is no longer as perfect as before. So, he does not have the confidence to meet new people and finally decides to avoid the outside environment. That finally makes him feel isolated. He does not want to meet other people. Louisa’s presence as someone who looks after Will everyday

makes him upset and could not accept it. All the attention given by Louisa actually makes Will not care and decide¹² to be alone, as the quotation below, “He turned to look at me. His jaw was covered in several weeks of stubble, and his eyes were unreadable. He turned away.” (Moyes, 2012: 40)

Will's treatment toward Louisa is terrible. He even shows hatred for everything that Louisa does. But she still tries to restore Will's spirit to continue his life.

Never Think Positively

The second cause of the depression experienced by Will Traynor is never thinking positively. The first time Louisa works to care for Will every day, she can see a portrait of Will Traynor with his ex-girlfriend and friends enjoying traveling that has more to do with nature. However, without realizing it when Louisa turns Will Traynor waist in the doorway, watching her.

“You were just looking at photographs. Wondering how awful it must be to live like that and then turn into a cripple.

¹¹ The rest of my photographs are in the bottom drawer if you find yourself overcome with curiosity again, he said.” (Moyes, 2012: 41)

Will is very angry and annoyed when Louisa sees the picture in the past. He thinks that Louisa is concerned about her current life and could not enjoy life as before. Will is very easily offended and never thinks positively to anyone, including Louisa.

Trauma

The third cause of the depression experienced by Will Traynor is trauma. Such trauma experienced by Will creates a huge impact on him; because of that, he wanted to commit suicide repeatedly. He not only tries to commit suicide but also never think positively of other people who try to respect him.

The trauma he continues²¹ experience is bad because of his independence and ability to do the things he wants, but he must also make progress¹⁵ otherwise, it will only get worse, “I don't do anything, Miss Clark. I can't do anything anymore but sit. I just about exist.” (Moyes, 2012: 44)

The trauma experienced by Will makes it difficult for him to accept his quadriplegic state because it deprives him of the ability to do the things he once loved. It will be traumatic.

Effects of Will Traynor's Depression

Will Traynor takes the other way round in overcoming his depression, which is escaping or running away. In this part the thesis writer analyses the effects of Will's depression. The thesis writer divides this part into three. Firstly is Will's sleeping too much, secondly is Will's health problems and thirdly is Will's committing suicide.

Will Traynor's Sleeping Too Much

The first effect of depression by Will Traynor is sleeping too much. Will experiences health problems in his life after the accident occurs. That means Will can't enjoy his life and he can't do the things he likes anymore. The great pain he experiences makes him

depressed because he spends his days lying in bed. Will is sleeping too much. Will experiences a change in behaviour, as in the quotation below:

1
“Will didn’t respond when I called out, so after a while I made him drink, knocked quietly, and poked my head around the door. In the dim light I could just make out the shape under the duvet. He was fast asleep.” (Moyes, 2012: 83)

In a state of severe pain, Will only spends his time sleeping all day. He doesn’t even eat or drink anything.

Will Traynor’s Health Problems

The second effect of depression by Will Traynor is health problems. Will was previously a strong man who really enjoyed his life by having fun out there. However, after he has an accident that causes him to become quadriplegic, he often experiences pneumonia. That is the reason why Will decides to end his life and no one would be able to change his decision.

1
“He gets a bit of bacteria in his lungs, his cough mechanism doesn’t work like it should, he goes down pretty fast. I tried to do some clearing techniques on him Saturday afternoon but he was in too much pain. He got a fever out of nowhere, then he got a stabbing pain in his chest.” (Moyes, 2012: 328)

Will’s severe condition makes him have to be in hospital again. He has pneumonia, “We are at county hospital. Will has pneumonia.” (Moyes, 2012: 330)

Pneumonia is the effect of his depression. Pneumonia will continue to attack him constantly, which makes him

very tortured because of too much pain he feels. It takes weeks to recover.

Will Traynor’s Committing Suicide

The third effect of depression by Will Traynor is suicide. Will felt his life was meaningless. He repeatedly attempted suicide, but all his efforts ended. So, Will gave his mother’s request to end his life through Dignitas, an organization that manages suicide assisted in Switzerland.

Will really wants to end his life and not change his plans. He is depressed when he had to survive in a wheelchair that would accompany him for life. In addition, the illness that makes him so in pain and also, his physical condition that makes him easily tired. As in the quotation below:

7
“I need it to end here. No more chair. No more pneumonia. No more burning limbs. No more pain and tiredness and waking up every morning already wishing it was over.” (Moyes, 2012: 362)

Will could not live with conditions that makes him tortured. He cannot live without hope for recovery. But, Will has decided that no one can change his decision. He has made an agreement with his parents within six months and he has done. So, he still goes to Switzerland and he has determined the day he ends his life. As in the quotation: “I’ve had the consultations. The clinic agreed that I am a suitable case for them. And my parents agreed to the thirteenth of August. We’re due to fly out the day before.” (Moyes, 2012: 363)

Finally Louisa is willing to come to Switzerland and accompany Will at the end of his life.

CONCLUSION

After analyzing Will Traynor's depression, there are some points that can be concluded, as follows. Will is depressed, and is known through the symptoms shown by him from the novel. There are nine symptoms that show he is depressed. Will Traynor are *believes no one cares, self-centeredness, loss of hope, feeling unhappy, easily angry, lost of interest, fatigue and loss of energy, physical problems and suicidal attempts.*

Will¹⁰ Traynor is depressed because of an accident that kept him stuck in a wheelchair forever. There are three reasons that cause depression. Will are *isolation or liness, never think positively and trauma.*

Will Traynor's depression also brings about some effects found out. From the analysis of the effects of Will Traynor's depression, it is found out that there are three effects of his depression. Will are *sleeping too much, health problems and committing suicide* through Dignitas, a suicide organization based in Switzerland.

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