

Touched By Suicide: Hope And Healing After Loss

Written by three women all uniquely affected by suicide, this compassionate perspective offers renewal of courage and faith for those grieving this tragic loss of a loved one. Grounded in Scripture and illustrated by true stories, *Too Soon to Say Goodbye* shows the magnitude of God's love in times of heartbreak and offers tested wisdom for allowing Him to heal the pain. Additional insights shed light on depressive illnesses; and for those considering suicide, the authors offer encouragement to choose life over death. Explaining the important difference between grief and mourning, this book explores every mourner's need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person's grief unique and the many normal thoughts and feelings mourners might have. Questions of spirituality and religion are addressed as well. The rights of mourners to be compassionate with themselves, to lean on others for help, and to trust in their ability to heal are upheld. Journaling sections encourage mourners to articulate their unique thoughts and feelings.

Written by a mother who lost her 21 year old son to suicide, this book deals with the themes of suicide loss through the lens of the author's personal grief. Addressing the process of post-traumatic growth, this memoir provides the bereaved with therapy exercises and creative activities to help them come to terms with their loss. Although it deals directly with losing a child, much of the book pertains to grief generally, especially complicated grief after a sudden death, and thus provides comfort to any reader who has lost a close one to suicide or anyone interested in young people struggling with mental health. Organised thematically, it addresses the many issues and stages involved in the grieving process and ends each chapter with a variety of beneficial yoga, breathing and therapy activities. This allows readers to dip in and out of the book, and go at their own pace - replicating the fact that grief is not a linear journey but an iterative one that goes back and forth. This book is a lifeline for anyone struggling to process loss.

Respectful and effective solution-focused brief therapy (SFBT) for suicidal clients Few tasks are more important—and daunting—than to help someone who is suicidal to go beyond the darkness of hopelessness to the light of hope. *Hope in Action: Solution-Focused Conversations About Suicide* is a unique resource providing fresh approaches to treating individuals and families where suicide is an issue. This comprehensive book provides a thorough grounding in using a solution-focused therapy approach to elicit and reinforce hope and reasons for living. Strategies are demonstrated with stories, case vignettes, and transcripts. Special applications include some of the most challenging high-risk clients that therapists treat, including people who make repeated attempts. This powerful resource offers a set of practice principles based on the existing empirical evidence in the context of clinical utility and client expertise. *Hope in Action: Solution-Focused Conversations About Suicide* provides case transcripts to help in role-play or rehearsal situations as well as numerous practical tips. The book also provides lists of solution-focused questions for use in various situations, including suicide crisis, the use of anti-depressant medications, facilitation of collaborative working relationships with colleagues as well as clients. Each application chapter gives therapists practical, hands-on tools and uses stories and illustrations to make the book user-friendly. The text also offers a brief appendix on the basic skills of SFBT. Topics discussed in *Hope in Action: Solution-Focused Conversations About Suicide* include: current knowledge about preventing suicide at the individual level helping clients to utilize their strengths even when they are in crisis how research in diverse areas supports the solution-focused approach effective treatment for couples and families when one member is suicidal basic approaches to effective therapy with young children and teens who have attempted suicide respectful, effective therapy with people who seem to have adopted being suicidal as their primary coping strategy therapeutic tools that help the therapist to stay hopeful about clients and strengthen the therapeutic relationship *Hope in Action: Solution-Focused Conversations About Suicide* is a valuable resource for counselors and therapists at every experience level.

Happy Death

Conversations on Grief After Suicide

I'll Write Your Name on Every Beach

Hope Beyond Suicide

A Practical Guide for People Who Have Lost Someone to Suicide in Ontario

Deaths of Despair and the Future of Capitalism

What It Takes to Make It Through

"In 1994 William A. Ritter's adult son committed suicide, sending Ritter and his family on a journey no family wants to face. Take the Dimness of My Soul Away collects the sermons he preached on the subject - the first one just three weeks after his son's death, and the final one nine years later - and chronicles his difficult and life-changing healing process."--BOOK JACKET.

After her sister's suicide, Harper Scott takes off for California with her best friend Laney to scatter her sister's ashes in the Pacific Ocean.

Physicians are known to be a group of professionals who are at risk of taking their own lives. In this easy-to-read book, Dr. Michael Myers, a psychiatrist and specialist in physician health, attempts to explain the mystery of why some doctors, despite their calling and the adoration of their families, patients, students and colleagues, perish by suicide. He combines the powerful and gripping insights of dozens of bereaved people whom he interviewed for this project with disguised stories from his decades long clinical practice to shed some light on this national tragedy. The stigma attached to mental illness in doctors is ubiquitous and pernicious - and, because untreated illness is one of the major drivers to suicide, Dr. Myers argues that stigma must be fought with urgency and might. He makes across-the-board recommendations in an effort to prevent suicide in physicians and concludes that everyone has a role to play in saving a doctor's life. This is a book about heartbreak, loss, prevailing, growth, passion and hope. It's a book for doctors themselves, their families, those who train them, those who treat them and those who care about them.

Insightful, provocative, and compassionate, Making Peace with Suicide: A Book of Hope, Understanding, and Comfort takes a good hard look at the world-wide phenomena of suicide. This book is designed for anyone who has lost a loved one to suicide and felt that sucker punch of grief; for anyone who is in pain, walking unsteadily, and considering suicide as an option; and for anyone who works with, guides, or counsels those feeling suicidal and/or suffering the profound grief from a suicidal loss. Making Peace with Suicide includes stories of courage, vulnerability, and steadfastness from both the survivors of suicidal loss as well as the unique perspective of the formerly suicidal. It offers shared wisdom and coping strategies from those who have walked before you. It explores the factors leading to suicide and the reasons why some do and some don't leave suicide notes. Making Peace with Suicide sheds light on the phenomena of suicide vis-a-vis our teens, the military, new mothers, as an end-of-life choice, and asks if addiction is a form of slow suicide. It provides a seven-step healing process and opens the door to consider suicide and the soul, the heart lesson of suicide, and the energies of suicide. If suicidality has impacted your life, Making Peace with Suicide is a must-read. You will be guided through the unknown territory, given insights to allow understanding, stories to help you heal, and ways to make peace with a heart wide-open. Making Peace with Suicide is good medicine for the body, mind, and soul.

Silent Grief

Hope, Grace, & Faith

A Healing Guide for Families after a Suicide

Surviving The Suicide Of A Loved One

My Son... My Son

Stories of Suicide Resilience and Loss

A Mother's Quest for Comfort, Courage and Clarity After Suicide Loss

"When I am suicidal, all rational thinking dissolves and black and white thinking prevails. It's all or nothing, everyone or no one, never or forever. There is no room for sometimes, maybe, or less than perfect." Let's have a real conversation about suicide. It reflects a tragic loss of hope. It often raises more questions than can be answered. It moves across time into generations. So many are affected, and their stories of raw experience are often hidden in the threads of stigma. We want to amplify these voices. We put out a public call inviting individuals who have been touched by suicide through contemplation, attempt, or loss to share their unfiltered, personal journeys. These stories were collected as part of the Storybook Project, through the Arthur Sommer Rotenberg (ASR) Suicide & Depression Studies Program at St. Michael's Hospital in Canada. What It Takes to Make It Through, published through the Storybook Project, is a moving and inspiring collection of short stories about suicide and is accompanied by essays from practitioners in the field. In connecting with these powerful stories of loss, resilience, and hope, we invite you to shift your perceptions of suicide, and be open to the struggle and grief of others. 100% of the proceeds from this book will go to the ASR Program to support suicide research and education initiatives. "There is hope for you. It doesn't have to be about saving the world, although that's cool too, and something you still like to think about. It can just be about saving yourself. That is enough. You are enough. You're still here, and I'm glad."

A moving, compelling memoir about growing up and escaping the tragic legacy of mental illness, suicide, addiction, and depression in one of America's most famous families: the Hemingways. She opens her eyes. The room is dark. She hears yelling, smashed plates, and wishes it was all a terrible dream. But it isn't. This is what it was like growing up as a Hemingway. In this deeply moving, searingly honest new memoir, actress and mental health icon Mariel Hemingway shares in candid detail the story of her troubled childhood in a famous family haunted by depression, alcoholism, illness, and suicide. Born just a few months after her grandfather, Ernest Hemingway, shot himself, it was Mariel's mission as a girl to escape the desperate cycles of severe mental health issues that had plagued generations of her family. Surrounded by a family tortured by alcoholism (both parents), depression (her sister Margaux), suicide (her grandfather and four other members of her family), schizophrenia (her sister Muffet), and cancer (mother), it was all the young Mariel could do to keep her head. In a compassionate voice she reveals her painful struggle to stay sane as the youngest child in her family, and how she coped with the chaos by becoming OCD and obsessive about her food, schedule, and organization. The twisted legacy of her family has never quite let go of Mariel, but now in this memoir she opens up about her claustrophobic marriage, her acting career, and turning to spiritual healers and charlatans for solace. Ultimately Mariel has written a story of triumph about learning to overcome her family's demons and developing love and deep compassion for them. At last, in this memoir she can finally tell the true story of the tragedies and troubles of the Hemingway family, and she delivers a book that beckons

comparisons to Mary Karr and Jeanette Walls.

When someone takes their life, those left behind struggle desperately to put together the pieces; the aftermath is devastating. It is unlike any other death or grief. The ensuing questions are relentless, demanding answers: Why didn't I see this coming? What could I have done? How could God let this happen? Where is my loved one? Is there a heaven? A hell? Is there hope beyond suicide? Bruce Sofia has walked with those who have gone through this valley of the shadow of death - the pain is real and it hurts deeply. He doesn't beat around the bush, pretend there is an easy way out, or default to simplistic spiritual clichés. There are answers. They are real and equal to the questions that defy healing. Is there hope? Yes. Can peace be found in these circumstances? Yes. Is there healing beyond suicide? Yes. The hope Dr. Sofia shares is real. If you have been touched by suicide in any way, then it's our desire that you'll find this book to be a source of light piercing the clouds of despair that may be shrouding your heart.

Touched by Suicide Hope and Healing After Loss Penguin

Suicide of a Child

A Loved One's Search for Comfort, Answers, and Hope

Take the Dimness of My Soul Away

For colored girls who have considered suicide/When the rainbow is enuf

Living in the Wake of Suicide Revised Edition

A Ray of Hope : a Guide for the Bereaved, the Professional Caregiver, and Anyone Whose Life Has Been Touched by Suicide, Loss Or Grief

Dying to Be Free

When people die by suicide, they leave behind family and friends who suddenly find themselves mourning the person's loss and wondering what happened. This guide addresses many personal issues related to a death by suicide, including telling others, working through the grief, finding what helps people to heal, and grieving in children and youth. This Ontario guide also outlines practical things that need taking care of, such as arranging a funeral and dealing with the deceased's personal, legal and financial matters. A resource section lists organizations, websites and books that may help. Whether you are struggling with fresh grief at a loved one's death by suicide or your loss happened years ago, you should know that you are not alone. 5 million Americans are affected—directly or indirectly—by this tragedy each year. And it sends us on a lifelong search for answers, both to the practical questions and the deepest question of all: Why? In this definitive guide book, Michael F. Myers, MD, a leading psychiatrist, and Carla Fine, author of the acclaimed No Time to Say Goodbye: Surviving the Suicide of a Loved One, combine their perspectives as a physician and a survivor to offer compassionate and practical advice to anyone affected by suicide.

Albert Y. Hsu wrestles with emotional and spiritual questions surrounding suicide, ultimately pointing survivors to the God who offers comfort in our grief and hope for the future. This revised edition now includes a discussion guide for suicide survivor groups.

From the author of the bestselling Anam Cara comes a beautiful collection of blessings to help readers through both the everyday and the extraordinary events of their lives. John O'Donohue, Irish teacher and poet, has been widely praised for his gift of drawing on Celtic spiritual traditions to create words of inspiration and wisdom for today. In To Bless the Space Between Us, his compelling blend of elegant, poetic language and spiritual insight offers readers comfort and encouragement on their journeys through life. O'Donohue looks at life's thresholds—getting married, having children, starting a new job—and offers invaluable guidelines for making the transition from a known, familiar world into a new, unmapped territory. Most profoundly, however, O'Donohue explains “blessing” as a way of life, as a lens through which the whole world is transformed. O'Donohue awakens readers to timeless truths and shows the power they have to answer contemporary dilemmas and ease us through periods of change.

Making Peace with Suicide

Saving June

A Guide to Healing After Death, Loss Or Suicide

Solution-Focused Conversations About Suicide

Understanding Your Grief

Stories of the Suicide Bereaved

Hope and Healing After Suicide

Donated by Royal Funeral Home, Inc., 1996.

Honest, gentle advice for those who have survived an unspeakable loss—the suicide of a loved one. Surviving the heartbreak of a loved one's suicide - you don't have to go through it alone. Authors Beverly Cobain and Jean Larch break through suicide's silent stigma in Dying to Be Free, offering gentle advice for those left behind, so that healing can begin.

Suicide would appear to be the last taboo. Even incest is now discussed freely in popular media, but the suicide of a loved one is still an act most people are unable to talk about--or even admit to their closest family or friends. This is just one of the many painful and paralyzing truths author Carla Fine discovered when her husband, a successful young physician, took his own life in December 1989. And being unable to speak openly and honestly about the cause of her pain made it all the more difficult for her to survive. With No Time to Say Goodbye, she brings suicide survival from the darkness into light, speaking frankly about the overwhelming feelings of confusion, guilt, shame, anger, and loneliness that are shared by all survivors. Fine draws on her own experience and on conversations with many other survivors--as well as on the knowledge of counselors and mental health professionals. She offers a strong helping hand and invaluable guidance to the vast numbers of family and friends who are left behind by the more than thirty thousand people who commit suicide each year, struggling to make sense of an act that seems to them senseless, and to pick up the pieces of their own shattered lives. And, perhaps most important, for the first time in any book, she allows survivors to see that they are not alone in their feelings of grief and despair.

This is a frank, compassionate book written to those who contemplate suicide as a way out of their situations. The

author issues an invitation to life, helping people accept the imperfections of their lives, and opening eyes to the possibilities of love.

Beyond the Grey Sky

Healing and Hope for Victims and Survivors of Suicide

After Suicide

Seeking Hope

A National Epidemic

Scraps of Paper

The Incredible True Story of a Tragic Loss Which Led One Survivor to Meaning, Redemption and Hope

First published in 1993, *The Virgin Suicides* announced the arrival of a major new American novelist. In a quiet suburb of Detroit, the five Lisbon sisters—beautiful, eccentric, and obsessively watched by the neighborhood boys—commit suicide one by one over the course of a single year. As the boys observe them from afar, transfixed, they piece together the mystery of the family's fatal melancholy, in this hypnotic and unforgettable novel of adolescent love, disquiet, and death. Jeffrey Eugenides evokes the emotions of youth with haunting sensitivity and dark humor and creates a coming-of-age story unlike any of our time. Adapted into a critically acclaimed film by Sofia Coppola, *The Virgin Suicides* is a modern classic, a lyrical and timeless tale of sex and suicide that transforms and mythologizes suburban middle-American life. A suicide leaves behind more victims than just the individual. And yet there are very few professional resources that provide the necessary background, research, and tools to effectively work with the survivors. This edited volume addresses the need for an up-to-date, professionally oriented summary of the clinical and research literature on the impact of suicide bereavement on survivors.

For anyone who has experienced the suicide of a loved one, coworker, neighbor, or acquaintance and is seeking information about coping with such a profound loss, this compassionate guide explores the unique responses inherent to their grief. Using the metaphor of the wilderness, the book introduces 10 touchstones to assist the survivor in this naturally complicated and particularly painful journey. The touchstones include opening to the presence of loss, embracing the uniqueness of grief, understanding the six needs of mourning, reaching out for help, and seeking reconciliation over resolution. Learning to identify and rely on each of these touchstones will bring about hope and healing.

Suicide is among the top three causes of death for young people ages 15 to 24. In fact, this global epidemic claims 41,000 lives per year in the United States alone. Suicide touches people of all ages—from those who consider and attempt suicide to those who lose a loved one to suicide. Yet silence often surrounds these deaths and makes suicide difficult to understand. Looking beyond common myths and misconceptions, author Connie Goldsmith examines common risk factors and covers warning signs, ways to reach out to a suffering loved one, and precautions that can save lives. And survivors' personal stories offer honest examinations of both grief and hope.

Ten Essential Touchstones for Finding Hope and Healing Your Heart

To Bless the Space Between Us

Touched by Suicide

Hope in Action

Understanding Suicide

Out Came the Sun

Understanding the Consequences and Caring for the Survivors

In celebration of its highly anticipated Broadway revival, Ntozake Shange's classic, award-winning play centering the wide-ranging experiences of Black women, now with introductions by two-time National Book Award winner Jesmyn Ward and Broadway director Camille A. Brown. From its inception in California in 1974 to its Broadway revival in 2022, the Obie Award-winning *for colored girls who have considered suicide/when the rainbow is enuf* has excited, inspired, and transformed audiences all over the country for nearly fifty years. Passionate and fearless, Shange's words reveal what it meant to be a woman of color in the 20th century. First published in 1975, when it was praised by *The New Yorker* for "encompassing...every feeling and experience a woman has ever had," *for colored girls who have considered suicide/when the rainbow is enuf* will be read and performed for generations to come. Now with new introductions by Jesmyn Ward and Broadway director Camille A. Brown, and one poem not included in the original, here is the complete text of a groundbreaking dramatic prose poem that resonates with unusual beauty in its fierce message to the world.

This constructive guide offers much-needed information and clinically-tested advice for those struggling to cope in the aftermath of a suicide. Written in clear language, this book presents the facts and demonstrates how to deal with feelings of guilt, anger, bewilderment, and shame. Also included is an anniversary memorial service that enables family members to recommit themselves to life.

A New York Times Bestseller A Wall Street Journal Bestseller A New York Times Notable Book of 2020 A New York Times Book Review Editors' Choice Shortlisted for the Financial Times and McKinsey Business Book of the Year A New Statesman Book to Read From economist Anne Case and Nobel Prize winner Angus Deaton, a groundbreaking account of how the flaws in capitalism are fatal for America's working class. Deaths of despair from suicide, drug overdose, and alcoholism are rising dramatically in the United States, claiming hundreds of thousands of American lives. Anne Case and Angus Deaton explain the overwhelming surge in these deaths and shed light on the social and economic forces that are making life harder for the working class. As the college educated become healthier and wealthier, adults without a degree are literally dying from pain and despair. Case and Deaton tie the crisis to the weakening position of labor, the growing power of corporations, and a rapacious health-care sector that redistributes working-class wages into the pockets of the wealthy. This critically important book paints a troubling portrait of the American dream in decline, and provides solutions that can rein in capitalism's excesses and make it work for everyone.

This book pulls together a definitive collection of work on the theory and practice of clinical, spiritual, and emotional support after the experience of violent death - counseling beyond the crisis. Over the past decade, there have been countless publications devoted to crisis response, crisis intervention and counseling, disaster mental health services, and support for victims of traumatic events, but almost none devoted to the response planning and community care for those individuals who continue to struggle with trauma and grief issues for more than a few months after a violent death. The chapters in this volume, written by national and international experts in the field, provide the reader

with the theoretical and clinical bases necessary for planning and implementing clinical and spiritual services to meet the needs of survivors, witnesses, family and community members of violent death.

A Book of Blessings

Healing After the Suicide of a Loved One

Life After Suicide

The Virgin Suicides

Healing After a Loved One's Suicide

Tips and Techniques for Professionals

Violent Death

'This book gives insights into the pain and suffering involved when people are grieving for someone who has committed suicide, but it does so without diminishing the significance of the suffering involved. As such, it has a lot to offer, and is therefore to be welcomed.' - Well-Being 'The book provides deep and valuable insight into the experiences of "suicide survivors" - those who have been left behind by the suicide of friend, family member, or loved one.' - Therapy Today 'The personal stories are full of pathos interest and will clarify where the death leaves those left behind. This book is a help group is world wide and it will be useful that you can point the bereaved and traumatized in the right direction.' - Accident and Emergency Nursing Journal 'The authors describe powerfully the effect of suicide on survivors and the world of silence, shame, guilt and depression that often follow. Author Christopher Lake is a suicide survivor and co-author Henry Seiden is an experienced therapist and educator. They use sensitive and unambiguous language to provide an understanding of what it is like to live in the wake of suicide and the struggle to make sense of the situation. It also looks at how survivors might actively respond to their situation, rather than being passive victims. This book should be read by any professional who is likely to come into contact with people affected by suicide.' - Nursing Standard, October 2007 'The book is well written and relevant for all nurses and professionals concerned for the welfare of those bereaved by suicide.' - SOBS (Survivors of Bereavement by Suicide) Newsletter 'Silent Grief is a book for and about "suicide survivors," defined as people who have experienced the death of a friend or relative through suicide, and for those who want to understand what survivors go through. The book explains the profound, traumatic effect suicide has on individuals bereaved in various circumstances. Using verbatim quotes from survivors it explains how they experience feelings of shame, guilt, anger, doubt, isolation and depression. This book provides good insight into the experience of individuals affected by suicide and can be a useful resource to anybody working with them - be it prisoners who have lost someone close through suicide or the family of a prisoner following a self-inflicted death in prison. - National Prison Management Service. Safer Custody News. Safer Custody Group. May/June 2007 Silent Grief is a book for and about "suicide survivors" who have been left behind by the suicide of a friend or loved one. Author Christopher Lukas is a suicide survivor himself - several members of his family have taken their own lives - and the book draws on his own experiences, as well as those of numerous other suicide survivors. These individual testimonies are combined with the professional expertise of Dr. Henry M. Seiden, a psychologist and psychoanalytic psychotherapist. The book presents information on common experiences of bereavement, grief reactions and various ways of coping. Their message is that it is important to share one's experience of "survival" with others and they encourage survivors to overcome the perceived stigma or shame associated with suicide. Support from self-help groups, psychotherapy, family therapy, Internet support forums or simply a friend or family member who will listen is essential. This edition has been fully updated and describes new forms of support including Internet forums, as well as addressing changing societal attitudes towards suicide and an increased willingness to discuss suicide publicly. Silent Grief gives valuable insights into living in the wake of suicide and provides useful strategies and support for those affected by a suicide, as well as professionals in the field of psychology, social work, and medicine. Leah was first thrust under the reality television microscope when her teen pregnancy was documented on MTV's groundbreaking series Teen Mom. Pregnant. Since then, fans of Teen Mom 2 have watched her life play out on the small screen—from her struggle to rise to the challenge of single motherhood, through her harrowing journey to find a diagnosis for one of her twin girls with a rare form of muscular dystrophy, and through her two marriages. She has learned to live under the harsh glare of media scrutiny, yet there is a truth behind the reality that the cameras have revealed. In her unflinching and honest memoir, Leah takes readers behind the scenes and shares an intimate, often heartbreaking, portrait of her turbulent childhood in rural West Virginia, the rock bottom that forced her to reevaluate her life, and her triumphant break from toxic relationships and self-destructive cycles to live her life with hope, grace, and faith.

Suicide claims over one million lives world-wide each year. In the United States alone, suicide has become the second leading cause of death for people ages ten to thirty-five and has literally become a national epidemic resulting in 47,000 deaths per year, or more than twice the number of homicides. Beyond the Grey Sky is the first major publication of its kind to truly help explain the impacts of suicide on both our physical and emotional beings by telling the incredible true story of a tragic death and a survivor's unique journey that will forever change what we believe and how we live with suicide. PRAISE FOR BEYOND THE GREY SKY "Dustin Ruge, departing from his previous best-selling books, pours his heart out in "Beyond the Grey Sky." Approaching the 17th anniversary of his brother David's death by suicide, with unvarnished prose and rich anecdotes, he captures the essence of their relationship and his personal journey of healing. Like so many who die by suicide, "David didn't always feel like he 'fit in' in the world we live in." Ruge is a gifted writer - I was transported from laughing out loud (ala David Sedaris) into being moved to tears. This book is a must read for everyone, not just survivors of suicide loss."-Michael F Myers, MD Professor of Clinical Psychiatry, SUNY Downstate Medical Center, Brooklyn, NY and author of "Touched by Suicide: Hope and Healing After Loss" (with Carla Fine) and "Why Physicians Die by Suicide: Lessons Learned from Their Families and Others Who Cared." "This is one of the most powerful books on suicide we have ever read. We believe that if everybody could read this incredible story they would not consider suicide." -Dale and Dar (Darlene) Emme, Founders of Yellow Ribbon Suicide Prevention Program. "Beyond the Gray Sky" by Dustin Ruge is his own soul-searching journey in the aftermath of his step brother's suicide. The experience of his shattered world and the Spirit World's subsequent intervention with candor and awe. Ruge's search for meaning in life and in his brother's life is compelling. Other suicide loss survivors will relate to his story and will read with curiosity and wonder."-Iris Bolton, Grief Counselor, Director Emeritus of the Link Counseling Center in Atlanta, Georgia. Bolton wrote, "My Son, My Son, A Guide to Healing After Death, Loss or Suicide and recently Bolton Press Atlanta published "Voices of Healing and Hope, Conversations on Grief after Suicide." www.boltonpress.com "Dustin's story is a heartfelt account about love, grief and our life-long connection we have to our loved ones who have died in this world."-Friends for Survival, Inc."Beyond the Grey Sky brings to light the "human factor" and a real look at how suicide impacts not only the immediate family but even acquaintances will be impacted to some degree over such a loss. As a Suicidology Researcher and I know firsthand the tragedy of death by suicide. The "ripple effect" never ceases, the ripples just become less pronounced. However, I know lives can be saved by reading this book."-Olivia Johnson, DM, Blue Wall Institute "Dustin Ruge has written a book about surviving the loss of his brother to suicide that is powerful, engaging and poignant. He gives us a clear picture of the devastation of the death, as well as the strong bond they shared and the growth and experiences after grieving. It is a lovely example of how we can and often do engage with life in a richer way after we work through the wrenching aspects of our losses to suicide."-Vanessa L. McGann, Ph.D, Survivors Division Chair, American Association of Suicidology Okonkwo is the greatest warrior alive, famous throughout West Africa. But when he accidentally kills a clansman, things begin to fall apart. Okonkwo returns from exile to find missionaries and colonial governors have arrived in the village. With his world thrown radically off-balance, he only hurtle towards tragedy. Chinua Achebe's stark novel reshaped both African and world literature. This arresting parable of a proud but flawed man witnessing the ruin of his people begins Achebe's landmark trilogy of works chronicling the fate of one African community, continued in No Longer at Ease and God and No Longer at Ease.

Voices of Healing and Hope

Resilience and Intervention Beyond the Crisis

Grief After Suicide

Hope and Healing After Loss

No Time to Say Goodbye

Finding Courage, Comfort & Community After Unthinkable Loss

Too often people suffering the aftermath of a suicide suffer alone. As the survivor of a person who has ended his or her own life, you are left a painful legacy -- and not one that you chose. *Healing After the Suicide of a Loved One* will help you take the first steps toward healing. While each individual becomes a suicide survivor in his or her own way, there are predictable phases of pain that most survivors experience sooner or later, from the grief and depression of mourning to guilt, rage, and despair over what you have lost. You may be torturing yourself with repetitive questions such as "What if...?" "Why didn't we...?" and "Why, why, why?" *Healing After the Suicide of a Loved One* will steer you away from this all-too-common tendency to blame yourself and will put you on the path to healing and recovery. Remember, your wounds can heal and you can recover. Filled with case studies, excellent information, valuable advice, and a completely up-to-date reading list and directory of suicide support groups nationwide, this valuable book will give you the strength and hope to go on living.

Helping the Suicidal Person provides a highly practical toolbox for mental health professionals. The book first covers the need for professionals to examine their own personal experiences and fears around suicide, moves into essential areas of risk assessment, safety planning, and treatment planning, and then provides a rich assortment of tips for reducing the person's suicidal danger and rebuilding the wish to live. The techniques described in the book can be interspersed into any type of therapy, no matter what the professional's theoretical orientation is and no matter whether it's the client's first, tenth, or one-hundredth session. Clinicians don't need to read this book in any particular order, or even read all of it. Open the book to any page, and find a useful tip or technique that can be applied immediately.

From the chief medical correspondent of ABC News, an eloquent, heartbreaking, yet hopeful memoir of surviving the suicide of a loved one, examining this dangerous epidemic and offering first-hand knowledge and advice to help family and friends find peace. Jennifer Ashton, M.D., has witnessed firsthand the impact of a loved one's suicide. When her ex-husband killed himself soon after their divorce, her world—and that of her children—was shattered. Though she held a very public position with one of the world's largest media companies, she was hesitant to speak about the personal trauma that she and her family experienced following his death. A woman who addresses the public regularly on intimate health topics, she was uncertain of revealing her devastating loss—the most painful thing she'd ever experienced. But with the high-profile suicides of Kate Spade and Anthony Bourdain, Dr. Ashton recognized the importance of talking about her experience and the power of giving voice to her grief. She shared her story with her Good Morning America family on air—an honest, heartbreaking revelation that provided comfort and solace to others, like her and her family, who have been left behind. In *Life After Suicide*, she opens up completely for the first time, hoping that her experience and words can inspire those faced with the unthinkable to persevere. Part memoir and part comforting guide that incorporates the latest insights from researchers and health professionals, *Life After Suicide* is both a call to arms against this dangerous, devastating epidemic, and an affecting story of personal grief and loss. In addition, Dr. Ashton includes stories from others who have survived the death of a loved one by their own hand, showing how they survived the unthinkable and demonstrating the vital roles that conversation and community play in recovering from the suicide of a loved one. The end result is a raw and revealing exploration of a subject that's been taboo for far too long, providing support, information, and comfort for those attempting to make sense of their loss and find a way to heal.

In his first novel, *A Happy Death*, written when he was in his early twenties and retrieved from his private papers following his death in 1960, Albert Camus laid the foundation for *The Stranger*, focusing in both works on an Algerian clerk who kills a man in cold blood. But he also revealed himself to an extent that he never would in his later fiction. For if *A Happy Death* is the study of a rule-bound being shattering the fetters of his existence, it is also a remarkably candid portrait of its author as a young man. As the novel follows the protagonist, Patrice Mersault, to his victim's house -- and then, fleeing, in a journey that takes him through stages of exile, hedonism, privation, and death -it gives us a glimpse into the imagination of one of the great writers of the twentieth century. For here is the young Camus himself, in love with the sea and sun, enraptured by women yet disdainful of romantic love, and already formulating the philosophy of action and moral responsibility that would make him central to the thought of our time. Translated from the French by Richard Howard

Too Soon to Say Goodbye

Lessons Learned from Their Families and Others Who Cared

Why Physicians Die by Suicide

Grieving a Suicide

Helping the Suicidal Person

Things Fall Apart

Understanding Your Suicide Grief

Surviving suicide loss is often about telling the story. Each person who dies by suicide leaves behind a life shared with loved ones and a series of events that led to the suicide. Seeking Hope: Stories of the Suicide Bereaved features the stories of fourteen people in their own words of the losses that have forever changed their lives. These stories describe the endurance of traveling through grief. In addition, the proceeds from the book benefit a fund for suicide bereavement research at the American Association of Suicidology. The goal is that the stories shared here will help others who also must travel the same journey seeking hope after a

devastating loss.

A Book of Hope, Understanding, and Comfort
For Parents Whose Child Has Completed Suicide
Suicide

The Forever Decision : for Those Thinking about Suicide and for Those who Know, Love, Or Counsel
Them