

Night Falls Fast Understanding Suicide

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FINAL THOUGHT

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Night Falls Fast

Understanding Suicide *Vintage*

From the author of the best-selling memoir An Unquiet Mind, comes the first major book in a quarter century on suicide, and its terrible pull on the young in particular. Night Falls Fast is tragically timely: suicide has become one of the most common killers of Americans between the ages of fifteen and forty-five. An internationally acknowledged authority on depressive illnesses, Dr. Jamison has also known suicide firsthand: after years of struggling with manic-depression, she tried at age twenty-eight to kill herself. Weaving together a historical and scientific exploration of the subject with personal essays on individual suicides, she brings not only her remarkable compassion and literary skill but also all of her knowledge and research to bear on this devastating problem. This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk, and to comprehend the profound effects on those left behind. It is critical reading for parents, educators, and anyone wanting to understand this tragic epidemic.

Nothing Was the Same *Vintage*

Kay Redfield Jamison, award-winning professor and writer, changed the way we think about moods and madness. Now Jamison uses her characteristic honesty, wit and eloquence to look back at her relationship with her husband, Richard Wyatt, a renowned scientist who died of cancer. Nothing was the Same is a penetrating psychological study of grief viewed from deep inside the experience itself.

Exuberance

The Passion for Life *Vintage*

Explores the role of exuberance in humankind's most important creative and scientific accomplishments, discussing the nature of joy and its relationship to intellectual curiosity, creativity, risk-taking, and survival.

Why People Die by Suicide *Harvard University Press*

Drawing on extensive clinical and epidemiological evidence, as well as personal experience, Thomas Joiner provides the most coherent and persuasive explanation ever given of why and how people overcome life's strongest instinct, self-preservation. He tests his theory against diverse facts about suicide rates among men and women; white and African-American men; anorexics, athletes, prostitutes, and physicians; members of cults, sports fans, and citizens of nations in crisis.

Aftershock

Help, Hope, and Healing in the Wake of Suicide *B&H Publishing Group*

A recovery book providing encouragement and support and leading to healing for those whose loved ones have committed suicide.

No Time to Say Goodbye

Surviving The Suicide Of A Loved One *Main Street Books*

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.

Robert Lowell, Setting the River on Fire

A Study of Genius, Mania, and Character *Knopf*

"In his Pulitzer Prize-winning poetry, Robert Lowell (1917-1977) put his manic-depressive illness into the public domain. Now Dr. Kay Redfield Jamison brings her expertise to bear on his story, illuminating the relationship between bipolar illness and creativity, and examining how Lowell's illness and the treatment he received came to bear on his work"--

Cracked, Not Broken

Surviving and Thriving After a Suicide Attempt *Rowman & Littlefield Pub Incorporated*

Describes the author's attempted suicide after being diagnosed with bipolar disorder, the breakdowns that challenged his efforts to live with his illness, and his work as a mental health advocate.

Definition of Suicide *Jason Aronson, Incorporated*

Shneidman presents basic ideas of the common characteristics of suicide. He offers a fresh definition of the phenomenon, which includes direct implications for preventive action.

Suicidal

Why We Kill Ourselves *University of Chicago Press*

For much of his thirties, Jesse Bering thought he was probably going to kill himself. He was a successful psychologist and writer, with books to his name and bylines in major magazines. But none of that mattered. The impulse to take his own life remained. At times it felt all but inescapable. Bering survived. And in addition to relief, the fading of his suicidal thoughts brought curiosity. Where had they come from? Would they return? Is the suicidal impulse found in other animals? Or is our vulnerability to suicide a uniquely human evolutionary development? In Suicidal, Bering answers all these questions and more, taking us through the science and psychology of suicide, revealing its cognitive secrets and the subtle tricks our minds play on us when we're easy emotional prey. Scientific studies, personal stories, and remarkable cross-species comparisons come together to help readers critically analyze their own doomsday thoughts while gaining broad insight into a problem that, tragically, will most likely touch all of us at some point in our lives. But while the subject is certainly a heavy one, Bering's touch is light. Having been through this himself, he knows that sometimes the most effective response to our darkest moments is a gentle humor, one that, while not denying the seriousness of suffering, at the same time acknowledges our complicated, flawed, and yet precious existence. Authoritative, accessible, personal, profound—there's never been a book on suicide like this. It will help you understand yourself and your loved ones, and it will change the way you think about this most vexing of human problems.

The Suicidal Mind *Oxford University Press, USA*

"The Suicidal Mind" brims with insights into the suicidal impulse and with helpful suggestions for counteraction methods. Throughout, Dr. Edwin Shneidman offers practical, explicit maneuvers to assist in treating a suicidal individual--steps that can be taken by concerned friends or family and professionals alike.

Touched With Fire *Free Press*

The definitive work on the profound and surprising links between manic-depression and creativity, from the bestselling psychologist of bipolar disorders who wrote An Unquiet Mind. One of the foremost psychologists in America, “Kay Jamison is plainly among the few who have a profound understanding of the relationship that exists between art and madness” (William Styron). The anguished and volatile intensity associated with the artistic temperament was once thought to be a symptom of genius or eccentricity peculiar to artists, writers, and musicians. Her work, based on her study as a clinical psychologist and researcher in mood disorders, reveals that many artists subject to exalted highs and despairing lows were in fact engaged in a struggle with clinically identifiable manic-depressive illness. Jamison presents proof of the biological foundations of this disease and applies what is known about the illness to the lives and works of some of the world's greatest artists including Lord Byron, Vincent Van Gogh, and Virginia Woolf.

Why People Kill Themselves

A Summary of Research Findings on Suicidal Behavior *Charles C. Thomas Publisher*

Myths about Suicide *Harvard University Press*

We need to get it in our heads that suicide is not easy, painless, cowardly, selfish, vengeful, selfmasterful, or rash; that it is not caused by breast augmentation, medicines, "slow" methods like smoking or anorexia, or, as some psychoanalysts thought, things like masturbation; that it is partly genetic and influenced by mental disorders, themselves often agonizing; and that it is preventable and treatable.

I'll Write Your Name on Every Beach

A Mother’s Quest for Comfort, Courage and Clarity After Suicide Loss *Jessica Kingsley Publishers*

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.

Suicide

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

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.

Dying to Be Free

A Healing Guide for Families after a Suicide *Simon and Schuster*

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.

Critical Suicidology

Transforming Suicide Research and Prevention for the 21st Century *UBC Press*

In Critical Suicidology, a team of international scholars, practitioners, and people directly affected by suicide argue that the field of suicidology has become too focused on the biomedical paradigm: a model that pathologizes distress and obscures the social, political, and historical contexts that contribute to human suffering. The authors take a critical look at existing research, introduce the perspectives of those who have direct personal knowledge of suicide and suicidal behaviour, and propose alternative approaches that are creative and culturally sensitive. In the right hands, this book could save lives.

A Clear Understanding of the Unthinkable: What Those who Died by Suicide Want You to Know

As skilled mediums and energy intuitives, this book began for us as a request by a suicide to tell his story. What follows is a compelling glimpse into ten individual's reasons for their suicide, what happened to them afterward, what they're experiencing now, and what they want humanity to know.

An Unquiet Mind

A Memoir of Moods and Madness *Vintage*

WITH A NEW PREFACE BY THE AUTHOR In her bestselling classic, An Unquiet Mind, Kay Redfield Jamison changed the way we think about moods and madness. Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients, as her disorder launched her into ruinous spending sprees, episodes of violence, and an attempted suicide. Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication. An Unquiet Mind is a memoir of enormous candor, vividness, and wisdom—a deeply powerful book that has both transformed and saved lives.

Cloud Atlas *Vintage Canada*

By the New York Times bestselling author of The Bone Clocks | Shortlisted for the Man Booker Prize A postmodern visionary and one of the leading voices in twenty-first-century fiction, David Mitchell combines flat-out adventure, a Nabokovian love of puzzles, a keen eye for character, and a taste for mind-bending, philosophical and scientific speculation in the tradition of Umberto Eco, Haruki Murakami, and Philip K. Dick. The result is brilliantly original fiction as profound as it is playful. In this groundbreaking novel, an influential favorite among a new generation of writers, Mitchell explores with daring artistry fundamental questions of reality and identity. Cloud Atlas begins in 1850 with Adam Ewing, an American notary voyaging from the Chatham Isles to his home in California. Along the way, Ewing is befriended by a physician, Dr. Goose, who begins to treat him for a rare species of brain parasite. . . . Abruptly, the action jumps to Belgium in 1931, where Robert Frobisher, a disinherited bisexual composer, contrives his way into the household of an infirm maestro who has a beguiling wife and a nubile daughter. . . . From there we jump to the West Coast in the 1970s and a troubled reporter named Luisa Rey, who stumbles upon a web of corporate greed and murder that threatens to claim her life. . . . And onward, with dazzling virtuosity, to an inglorious present-day England; to a Korean superstate of the near future where neocapitalism has run amok; and, finally, to a postapocalyptic Iron Age Hawaii in the last days of history. But the story doesn't end even there. The narrative then boomerangs back through centuries and space, returning by the same route, in reverse, to its starting point. Along the way, Mitchell reveals how his disparate characters connect, how their fates intertwine, and how their souls drift across time like clouds across the sky. As wild as a videogame, as mysterious as a Zen koan, Cloud Atlas is an unforgettable tour de force that, like its incomparable author, has transcended its cult classic status to become a worldwide phenomenon. Praise for Cloud Atlas “[David] Mitchell is, clearly, a genius. He writes as though at the helm of some perpetual dream machine, can evidently do anything, and his ambition is written in magma across this novel’s every page.”—The New York Times Book Review “One of those how-the-holy-hell-did-he-do-it? modern classics that no doubt is—and should be—read by any student of contemporary literature.”—Dave Eggers “Wildly entertaining . . . a head rush, both action-packed and chillingly ruminative.”—People “The novel as series of nested dolls or Chinese boxes, a puzzle-book, and yet—not just dazzling, amusing, or clever but heartbreaking and passionate, too. I’ve never read anything quite like it, and I’m grateful to have lived, for a while, in all its many worlds.”—Michael Chabon “Cloud Atlas ought to make [Mitchell] famous on both sides of the Atlantic as a writer whose fearlessness is matched by his talent.”—The Washington Post Book World “Thrilling . . . One of the biggest joys in Cloud Atlas is watching Mitchell sashay from genre to genre without a hitch in his dance step.”—Boston Sunday Globe “Grand and elaborate . . . [Mitchell] creates a world and language at once foreign and strange, yet strikingly familiar and intimate.”—Los Angeles Times

The Savage God

A Study of Suicide *A&C Black*

'To write about suicide . to transform the subject into something beautiful - this is the foreboding task that Alvarez set for himself . he has succeeded.' The New York Times

Night Falls Fast

Understanding Suicide

Understanding Suicide

A Sociological Autopsy *Springer*

Sociologists have debated suicide since the early days of the discipline. This book assesses that body of work and breaks new ground through a qualitatively-driven, mixed method 'sociological autopsy' ofone hundredsuicides that explores what can be known about suicidal lives.

Guardian of the Golden Gate

Protecting the Line Between Hope and Despair *Ascend Books*

The wind was gusting around the Golden Gate Bridge on a March afternoon in 2005 when a 22-year-old man climbed the railing, convinced he and this world would be better without each other. He put himself on a thin beam 220 feet above the Pacific Ocean.The man had just lost his job and felt overwhelmed as a new father. Kevin Berthia wanted to die, and he had come to the world's most effective suicide destination to make that happen. That's when he met a highway patrolman, a former Army soldier and San Quentin State Prison guard named Kevin Briggs."I know you must be in tremendous pain," Briggs said over the railing. "If you want to talk, I'm here to listen."The next 90 minutes saved Berthia's life.In Guardian of the Golden Gate, Briggs shares his experiences with the help of people who credit their lives to him. His inspiring story will help shine a light on a killer that lurks in the darkness and show people signs to look for and the value of hope. You will gain insight into this steadfast hero that will allow you to see why he's known as the Golden Gate's guardian.Kevin Briggs aims to promote mental illness awareness and ultimately break the stigmas associated with it. By reading this book, you join him in that pursuit.Suicide is preventable. There is hope. There is help.

Out Came the Sun *Simon and Schuster*

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.

Diego Rivera

Illustrious Words, 1921-1957 *Rm Verlag*

This second part extends from the illustrious words of DiegoRivera returned to Mexico in June 1921 until his death. After spending nearly fourteen years in Europe reached a Mexico in the middle stage of reconstruction, in which the revolutionary leaders who emerged triumphant arms had changed by the speeches and promises of change. Devourer of news from any part of the cultural and politicalspectrum, the artist not only brought with them their knowledge of the European avant-garde but the desire to put in writing theirviews on art, politics and the works of his contemporaries. Wroteabout himself, and much, but over all artistic expression to callyour attention. He wrote much as he painted, with the sameexpressive power with the same passion. Urgent verbal reactionsto their own works, to put forward the social function of art andartistic creators call to form a united front to the side of the peasants and workers. Along with the works presented areexcerpts from texts that reflected the painter left his aesthetic ideas. In this book the reader can enjoy a little spread DiegoRivera, to which we must not only see but also read.

Holes *Yearling*

#1 NEW YORK TIMES BESTSELLER • NEWBERY MEDAL WINNER • NATIONAL BOOK AWARD WINNER Dig deep in this award-winning, modern classic that will remind readers that adventure is right around the corner--or just under your feet! Stanley Yelnats is under a curse. A curse that began with his no-good-dirty-rotten-pig-stealing-great-great-grandfather and has since followed generations of Yelnatses. Now Stanley has been unjustly sent to a boys’ detention center, Camp Green Lake, where the boys build character by spending all day, every day digging holes exactly five feet wide and five feet deep. There is no lake at Camp Green Lake. But there are an awful lot of holes. It doesn’t take long for Stanley to realize there’s more than character improvement going on at Camp Green Lake. The boys are digging holes because the warden is looking for something. But what could be buried under a dried-up lake? Stanley tries to dig up the truth in this inventive and darkly humorous tale of crime and punishment—and redemption. "A smart jigsaw puzzle of a novel." —New York Times *Includes a double bonus: an excerpt from Small Steps, the follow-up to Holes, as well as an excerpt from the New York Times bestseller Fuzzy Mud.

Waking Up, Alive

The Descent, the Suicide Attempt, and the Return to Life

Drawn on interviews with fifty survivors, a study of suicidal behavior documents the various events that can lead to an attempt to take one's own life, while exploring the healing that can occur afterwards. Reprint. Tour.

The Collected Schizophrenias

Essays *Graywolf Press*

Powerful, affecting essays on mental illness, winner of the Graywolf Press Nonfiction Prize and a Whiting Award An intimate, moving book written with

the immediacy and directness of one who still struggles with the effects of mental and chronic illness, The Collected Schizophrenias cuts right to the core. Schizophrenia is not a single unifying diagnosis, and Esmé Weijun Wang writes not just to her fellow members of the “collected schizophrenias” but to those who wish to understand it as well. Opening with the journey toward her diagnosis of schizoaffective disorder, Wang discusses the medical community’s own disagreement about labels and procedures for diagnosing those with mental illness, and then follows an arc that examines the manifestations of schizophrenia in her life. In essays that range from using fashion to present as high-functioning to the depths of a rare form of psychosis, and from the failures of the higher education system and the dangers of institutionalization to the complexity of compounding factors such as PTSD and Lyme disease, Wang’s analytical eye, honed as a former lab researcher at Stanford, allows her to balance research with personal narrative. An essay collection of undeniable power, The Collected Schizophrenias dispels misconceptions and provides insight into a condition long misunderstood.

Cult of Glory

The Bold and Brutal History of the Texas Rangers *Penguin*

“Swanson has done a crucial public service by exposing the barbarous side of the Rangers.” —The New York Times Book Review A twenty-first century reckoning with the legendary Texas Rangers that does justice to their heroic moments while also documenting atrocities, brutality, oppression, and corruption The Texas Rangers came to life in 1823, when Texas was still part of Mexico. Nearly 200 years later, the Rangers are still going--one of the most famous of all law enforcement agencies. In Cult of Glory, Doug J. Swanson has written a sweeping account of the Rangers that chronicles their epic, daring escapades while showing how the white and propertied power structures of Texas used them as enforcers, protectors and officially sanctioned killers. Cult of Glory begins with the Rangers' emergence as conquerors of the wild and violent Texas frontier. They fought the fierce Comanches, chased outlaws, and served in the U.S. Army during the Mexican War. As Texas developed, the Rangers were called upon to catch rustlers, tame oil boomtowns, and patrol the perilous Texas-Mexico border. In the 1930s they began their transformation into a professionally trained police force. Countless movies, television shows, and pulp novels have celebrated the Rangers as Wild West supermen. In many cases, they deserve their plaudits. But often the truth has been obliterated. Swanson demonstrates how the Rangers and their supporters have operated a propaganda machine that turned agency disasters and misdeeds into fables of triumph, transformed murderous rampages--including the killing of scores of Mexican civilians--into valorous feats, and elevated scoundrels to sainthood. Cult of Glory sets the record straight. Beginning with the Texas Indian wars, Cult of Glory embraces the great, majestic arc of Lone Star history. It tells of border battles, range disputes, gunslingers, massacres, slavery, political intrigue, race riots, labor strife, and the dangerous lure of celebrity. And it reveals how legends of the American West--the real and the false--are truly made.

When Nothing Matters Anymore

A Survival Guide for Depressed Teens *Free Spirit Publishing*

On April 8, 1994, Kurt Cobain ended his long struggle with depression and chemical dependency by taking his own life. His suicide profoundly affected millions of fans around the world who identified with the music of Kurt and his band, Nirvana. Bev Cobain is Kurt's cousin, and this powerful book is her way of dealing with his death—and reaching out to teens with a life-saving message: You don't have to be sad, discouraged, or depressed. There is help and hope for you. Full of solid information and straight talk, When Nothing Matters Anymore defines and explains adolescent depression, reveals how common it is, describes the symptoms, and spreads the good news that depression is treatable. Personal stories, photos, and poetry from teens dealing with depression speak directly to readers' feelings, concerns, and experiences. Teens learn how to recognize depression in themselves and others, understand its effects, and take care of themselves by relaxing, exercising, eating right, and talking things over with people who care. For some teens, self-help isn't enough, so Bev also tells about treatment options, presents the facts about therapy, explains the differences between various types of helping professionals (psychiatrists, clinical psychologists, physicians, counselors, etc.), discusses medications, and more. This book isn't just for teens who have been diagnosed with depression. It's for any teen who feels hopeless, helpless, and alone. Clear, encouraging, and matter-of-fact, it's also recommended for parents, teachers, and counselors who want to know more about teen depression.

Why Suicide?

Questions and Answers About Suicide, Suicide Prevention, and Coping with the Suicide of Someone You Know *HarperOne*

According to the American Foundation for Suicide Prevention, in our lifetimes 80 percent of us will have some up-close experience with the suicide of someone we know. And more than 20 percent of us will have a family member die by suicide. Journalist Eric Marcus knows this better than most people. In 1970, his father took his life at the age of 44. In 2008, his 49-year-old sister-in-law took her life as well. In a completely revised and updated edition of the landmark original Why Suicide ?, Eric Marcus offers thoughtful answers to scores of questions about this complex, painful issue, from how to recognize the signs of someone who is suicidal to strategies for coping in the aftermath of a loved one's death. No matter what the circumstances, those of us who are affected by suicide are left with difficult and disturbing questions: Why did they do it? Was it my fault? What should I tell people when they ask what happened? Is someone who attempts suicide likely to try again? What should I do if I'm thinking of killing myself? Drawing from his own experience, as well as interviews with people who have been touched by suicide, Eric Marcus cuts through the veil of silence and misunderstanding to bring clarity, reassurance, and comfort to those who so desperately need it.

National Strategy for Suicide Prevention

Goals and Objectives for Action

The Burn Journals *Vintage*

Fans of *Thirteen Reasons Why*, *Running with Scissors* and *Girl, Interrupted* will be entranced by this remarkable true story of teenage despair and recovery In 1991, fourteen-year-old Brent Runyon came home from school, doused his bathrobe in gasoline, put it on, and lit a match. He suffered third-degree burns over 85% of his body and spent the next year recovering in hospitals and rehab facilities. During that year of physical recovery, Runyon began to question what he'd done, undertaking the complicated journey from near-death back to high school, and from suicide back to the emotional mainstream of life.

When It Is Darkest

Why People Die by Suicide and What We Can Do to Prevent It *Random House*

'Read this incredible book. I wept and I learnt' - Prof Tanya Byron 'This book comes from the heart' - Roman Kemp 'Compassionate, personal and thought-provoking' - Prof Steve Peters When you are faced with the unthinkable, this is the book you can turn to. Suicide is baffling and devastating in equal measures, and it can affect any one of us: one person dies by suicide every 40 seconds. Yet despite the scale of the devastation, for family members and friends, suicide is still poorly understood. Drawing on decades of work in the field of suicide prevention and research, and having been bereaved by suicide twice, Professor O'Connor is here to help. This book will untangle the complex reasons behind suicide and dispel any unhelpful myths. For those trying to help someone vulnerable, it will provide indispensable advice on communication, stressing the importance of listening to fears and anxieties without judgment. And for those who are struggling to get through the tragedy of suicide, it will help you find strength in the darkest of places.

Understanding Your Grief

Ten Essential Touchstones for Finding Hope and Healing Your Heart *Companion Press*

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.

How Can I Get Through to You?

Closing the Intimacy Gap Between Men and Women *Simon and Schuster*

"What happened to the passion we started with? Why aren't we as close as we used to be?" PROBLEM: If you are a woman who is unfulfilled in your marriage...if you feel unheard or overburdened...if you quietly live in a state of slow-burn resentment... PROBLEM: If you are a man unhappy that your partner seems so unhappy with you...if you feel bewildered, unappreciated, or betrayed... This book offers a solution Bestselling author and nationally renowned therapist Terrence Real unearths the causes of communication blocks between men and women in this groundbreaking work. Relationships are in trouble; the demand for intimacy today must be met with new skills, and Real -- drawing on his pioneering work on male depression -- gives both men and women those skills, empowering women and connecting men, radically reversing the attitudes and emotional stumbling blocks of the patriarchal culture in which we were raised. Filled with powerful stories of the couples Real treats, no other relationship book is as straight talking or compelling in its innovative approach to healing wounds and reconnecting partners with a new strength and understanding.

Understanding Depression

What We Know and What You Can Do About It *John Wiley & Sons*

The Noonday Demon

An Atlas Of Depression *Simon and Schuster*

The author offers a look at depression, drawing on his own battle with the illness and interviews with fellow sufferers, researchers, and doctors to assess the disease's complexities, causes, symptoms, and available therapies.