

Waking Up Alive The Descent The Suicide Attempt And The Return To Life

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Waking Up Alive is a book of profound significance. With stunning depth, clarity and compassion, Dr Heckler recounts the stories of suicide survivors, and gleans the essential factors they share in common. Taking it an unprecedented step further, he delves into what made it possible for them to pick up the pieces of their lives and move on.

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Waking Up Alive: The Descent The Suicide Attempt and the Return to Life is a book about suffering and the relief of suffering. " It ' s hard to imagine a hopeful or inspiring book on suicide, " writes the San Francisco Chronicle, " until you begin reading the astonishing Waking Up, Alive. " True, the words around these 50 people before they tried to kill themselves were often ones like " acutely depressed, " " isolated " " in unbearable pain " and " suffering in quiet desperation ...

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By offering clear, profound portraits of hope, this extraordinary and unprecedented book attests to the resilience of the human spirit, by bearing witness to those who stood at death's door, and found the courage to live."It's hard to imagine a hopeful or inspiring book on suicide until you begin reading the astonishing Waking Up, Alive."--San Francisco Chronicle"In this sensitive book ...

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Overview. " It ' s hard to imagine a hopeful or inspiring book on suicide, " writes the San Francisco Chronicle, " until you begin reading the astonishing WAKING UP, ALIVE. " " Turning toward suicide can be one of the starkest expressions of human suffering that exists, " writes Tara Brach, author of TRUE REFUGE. "In this groundbreaking book we are guided into the hearts and minds of those who have descended into this hell realm, and emerged, able to re-choose life and communicate ...

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.

A female rabbi describes the impact of her father's murder on her and explains how individuals can redefine their faith and rediscover the joy of daily life

As a teenager, DeQuincy Lezine nearly ended his own life, believing it was the only way to escape the emotional pain that was overwhelming him. Instead, Lezine was able to find expert psychiatric care, and went on to found the first university campus-based chapter of the Suicide Prevention Action Network USA. Now a researcher at the University of Rochester's Center for the Study and Prevention of Suicide, Lezine has devoted his life to preventing suicide in adolescents, and he brings the wealth of his personal and professional experience to bear in Eight Stories Up. He starts by describing his deteriorating state of mind in college, found his own email archive to retell the episode that would nearly claim his life. He then offers hard-earned wisdom and practical advice to other young people who may be considering suicide. In straightforward, easy-to-understand language, and drawing on the psychiatric expertise of David Brent, MD, Lezine discusses the potential causes of suicide in adolescents, how to seek psychiatric treatment, and how to get the most out of professional help. He also surveys some of the therapies used to prevent suicide, how to talk to loved ones about suicidal thoughts, and how to stay healthy at home and at school. The result is both a remarkable memoir and a useful guide that will ease the isolation and hopelessness caused by thoughts of suicide, helping young people to overcome their troubles in a safe and healthy way. Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, Eight Stories Up offers hope to young people who are at risk of suicide, extending a lifeline of support and guidance that can save their lives.

At twenty-years-old, Craig Miller attempted suicide. He sat on the edge of a bed and swallowed two hundred and fifty pills, never imagining that a note he wrote to himself fourteen years earlier would save his life. That note simply read, "Don't ever forget how this feels." From the time he was six-years-old, Craig lived his life by those words. He believed that if he needed to remember the feelings behind his life's most significant events, then there must be a reason why they happened. And for three extraordinary days following his suicide attempt, as he lay in the Intensive Care Unit floating in and out of consciousness, he found those reasons. He relived days from his childhood when his only friend became his assailant. He relived years of building a troubled relationship with God. He remembered when the pain of his life's tragedies finally caught up to him and he became the victim of severe obsessive compulsive disorder, relentless anxiety, and devastating irrational fear. After each memory, he awoke to the blurred reality of his suicide attempt. The struggle to fight his childhood assailant became a battle with doctors who worked to restrain him. The pain from a fist to his nose became the sting of a tube as it was pushed down his throat. And the memory of freezing alone on a cold winter night became the reality of a dark, lonely hospital room. But after each memory ended, Craig was left with the feeling that remained from reliving it. He felt the imprint it left within him- the deep desire to love, the desperate need to change, and the fiery will to fight. Craig Miller lay in a hospital bed for three days while his body fought for life, but his soul stood undecided on the threshold of existence. He relived the most pivotal moments of his life and saw himself from an entirely new perspective. He learned that God does not punish, and that love, no matter how bad it hurts, is worth it. He learned that compassion is to see the hurt in the eyes of another, no matter how bad we hurt ourselves. He learned that living in the darkness of mental illness can be one of the most powerful paths to self-discovery. And he learned that life, no matter how hard it gets, is worth living.

Dying is a social as well as physiological phenomenon. Each society characterizes and, consequently, treats death and dying in its own individual ways—ways that differ markedly. These particular patterns of death and dying engender modal cultural responses, and such institutionalized behavior has familiar, economical, educational, religious, and political implications. The Handbook of Death and Dying takes stock of the vast literature in the field of thanatology, arranging and synthesizing what has been an unwieldy body of knowledge into a concise, yet comprehensive reference work. This two-volume handbook will provide direction and momentum to the study of death-related behavior for many years to come. Key Features More than 100 contributors representing authoritative expertise in a diverse array of disciplines Anthropology Family Studies History Law Medicine Mortuary Science Philosophy Psychology Social work Sociology Theology A distinguished editorial board of leading scholars and researchers in the field More than 100 definitive essays covering almost every dimension of death-related behavior Comprehensive and inclusive, exploring concepts and social patterns within the larger topical concern Journal article length essays that address topics with appropriate detail Multidisciplinary and cross-cultural coverage

In this new volume, death is treated both as a threat to meaning and as an opportunity to create meaning.

This is the first book that brings together the channelled messages of three types of suicide: traditional, assisted, and suicide bombing. It's a compilation of channelled communications with the spirits of people who have killed themselves, discussing the repercussions of their suicide in the so-called afterlife.

When it comes to finding love, are you standing in your own way? Daring to Love will help you identify the internal barriers that cause you to sabotage your love life, open yourself up to vulnerability, and build the intimate, lasting relationship you truly desire. After a breakup, most of us spend a lot of time thinking long and hard about what the other person did to cause it, rather than reflecting on ourselves. It seems self-evident that we want our romantic relationships to work, and that love and long-term commitment are our ultimate goals. But what if our desire for love is actually not as straightforward as our emotions make us believe? What if, instead of pursuing love, we are unconsciously pushing it away? In Daring to Love, Tamsen and Robert W. Firestone offer techniques based in Robert Firestone ' s groundbreaking voice therapy—the process of giving spoken word to unhealthy patterns—to help you understand how you are getting in your own way on the quest for true love. Love, the Firestones argue, makes us vulnerable and triggers old defenses we formed in childhood, causing us to sabotage our relationships in myriad subtle—and not-so-subtle—ways. Using the voice therapy strategies in this book, you will be able to identify your own defensive patterns and uncover the destructive messages your critical inner voice is telling you about yourself, your partners, and your relationships. If you ' re struggling to cultivate lasting relationships, this book can help you embark on your next romantic journey with more openness and self-knowledge.

`What this brilliant book does so well is to produce not just the evidence for the research effectiveness of therapies but makes the moral case for bringing together human psychological welfare needs and the expanding number of skilled, ethically sensitive people ready to listen to and respond in the most deeply human and needed way - the counsellors and all who work as psychological therapists. I strongly recommend this book' - Graham Curtis Jenkins, Counselling in Practice

As the Iraq War continues to exact a toll, Back from the Front: Combat Trauma, Love, and the Family speaks openly about the personal and social costs of war that most of us would rather ignore. This is a book that informs non-veterans and the general public as much as it helps those who have been directly of indirectly scarred by the experience of violence. And it is written directly, plainly, intelligently and with clear humanity.The book discusses some of the most common problems confronting families of combat veterans: emotional numbing, sexual difficulties, anger, and guilt. There are also chapters on family violence, children, women veterans, and military couples. Back from the Front also gives hope for healing from PTSD and provides lists of resources as well as tips for communicating effectively.

