

Cracked Not Broken Surviving And Thriving After A Suicide Attempt

"That feeling you are worthless, a failure and a burden, is not true. You are unstoppable!" - Matt Runnalls
It's time to change the way we perceive and treat mental health. After losing ten mates to suicide and fighting hard for his own second chance at life, today Matt Runnalls' passion and purpose is to open up the conversation around this silent tragedy that affects thousands of people every day. His message is as fundamental as it is urgent: to put wellness back into our own hands and awaken each one of us to the fact we can help and support people at risk, in saving their own life. Learning to embrace the luminous insights that living with bipolar offers him, inspired Matt to tirelessly pour every ounce of his experiences, learnings and well-being principles into the book he wishes someone had given him when he was younger. Mental health is not about suffering; it's about seeing struggle, adversity and pain as a gift, a teacher to a better life and a better version of ourselves. It's about learning to embrace the breadth of human emotion that helps us strengthen the most important muscle, that of our emotional struggle. It's bringing hope and acceptance to those who are experiencing unbearable emotional pain. Matt's drive and personal story have helped him assemble the most practical tools and strategies from world-renowned thought-leaders and game-changers in the field of mental health, inspirational people he's been privileged to meet, work with and learn from. Matt presents an array of lifestyle practices and mindsets that can propel you or someone you know struggling, to true and deep well-being and an unstoppable future. Nobody Can Save Me is the powerful new dialogue around mental health that we've been waiting for! It bridges theory with straight-talking, lived-experience and presents real insight and applied action for people struggling and those that care for them: parents, schoolteachers, coaches, bosses, mentors. Let's get talking. "A personal hero of mine. Matt's unique perspective has helped thousands. This book is a must-read if you've ever experienced brain pain." Kevin Hines, bestselling author of Cracked, Not Broken: Surviving and Thriving After A Suicide Attempt.

To be bipolar is like a hurricane always present. Like a weatherman, you must try to become an expert on hurricanes to be able to forecast movement, speed, and intensity." - Jesse Cohen.
The 3rd Rail is a 58,000-word manuscript written by Jesse Cohen with Best Selling Author of Cracked Not Broken, Surviving & Thriving After A Suicide Attempt, Kevin Hines. The Third Rail is based on Jesse Cohen's true story of adventure as a struggling twenty-two-year-old Tulane Law School student living in New Orleans, Louisiana. Cohen is represented as the character "Jake Hunter" in the book. The story takes place in 1994 when the city is named "The Murder Capital of the United States." Gun violence, racism, and widespread police corruption have reached unprecedented levels. Jake's personality, genetics, the stress over his first year of law school, and his strong moral convictions create an extremely powerful and dangerous madness. As Jake's mind continues to unravel he finds himself in trouble at school, in jail, and in a mental hospital. Written in the first person, the 3rd Rail is an unprecedented opportunity to experience an epic adventure from inside the manic bipolar mind of a young man with no fear, limitless confidence, infinite powers of persuasion and seduction, exceptional cognitive abilities, and extraordinary motivation to accomplish anything he desires. "Those who've gone through mental trauma, and those that love them will find this book powerful and meaningful beyond belief." - Kevin Hines
Jesse Cohen graduated Magna Cum Laude from Brandeis University and received a Juris Doctor from Tulane University in 1998. Over 15 years Cohen practiced in Framingham, Massachusetts, focusing on criminal law and civil litigation before moving south, where he started writing. Writing was not only the most challenging endeavor of Jesse's life, but also, the most rewarding because he truly believed his story may save lives. Kevin Hines is a best-selling author, global public speaker, and award-winning documentary filmmaker. Kevin now travels the world sharing his story of hope, healing, and recovery while teaching people of all ages the art of wellness & the ability to survive pain with true resilience.

ONE OF THE MOST LOVED NOVELS OF THE DECADE.
A long-lost book reappears, mysteriously connecting an old man searching for his son and a girl seeking a cure for her widowed mother's loneliness. Leo Gursky taps his radiator each evening to let his upstairs neighbor know he 's still alive. But it wasn 't always like this: in the Polish village of his youth, he fell in love and wrote a book...Sixty years later and half a world away, fourteen-year-old Alma, who was named after a character in that book, undertakes an adventure to find her namesake and save her family. With virtuosic skill and soaring imaginative power, Nicole Krauss gradually draws these stories together toward a climax of "extraordinary depth and beauty" (Newsday).

The international bestselling author of *The Professor* and *The Madman* and Krakatoa vividly brings to life the 1906San Francisco Earthquake that leveled a city symbolic of America's relentless western expansion. Simon Winchester has also fashioned an enthralling and informative look at the tumultuous subterranean world that produces earthquakes, the planet's most sudden and destructive force. In the early morning hours of April 18, 1906, San Francisco and a string of towns to its north-northwest and the south-southeast were overcome by an enormous shaking that was compounded by the violent shocks of an earthquake, registering 8.25 on the Richter scale. The quake resulted from a rupture in a part of the San Andreas fault, which lies underneath the earth's surface along the northern coast of California. Lasting little more than a minute, the earthquake wrecked 490 blocks, toppled a total of 25,000 buildings, broke open gas mains, cut off electric power lines throughout the Bay area, and effectively destroyed the gold rush capital that had stood there for a half century. Perhaps more significant than the tremors and rumbling, which affected a swath of California more than 200 miles long, were the fires that took over the city for three days, leaving chaos and horror in its wake. The human tragedy included the deaths of upwards of 700 people, with more than 250,000 left homeless. It was perhaps the worst natural disaster in the history of the United States. Simon Winchester brings his inimitable storytelling abilities—as well as his unique understanding of geology— to this extraordinary event, exploring not only what happened in northern California in 1906 but what we have learned since about the geological underpinnings that caused the earthquake in the first place. But his achievement is even greater: he positions the quake's significance along the earth's geological timeline and shows the effect it had on the rest of twentieth-century California and American history. *A Crack in the Edge of the World* is the definitive account of the San Francisco earthquake. It is also a fascinating exploration of a legendary event that changed the way we look at the planet on which we live.

Suicide on the Golden Gate Bridge

How the Light Gets In

A Story of Suicide, Mental Health, and Overcoming Your Hardest Battles

Defy the Darkness

Cracked, Not Broken

The Secrets and Science that Could Save Your Life

Attempted Suicide

A little nod to those of us who are still feeling slightly half-baked: those with struggling families, cracked relationships, and a world that's showing a little wear around the seams. When God wants to create the remarkable, He chooses to work with the less-than-perfect. Genesis is a book of beginnings. It is deeply concerned with the origins of things—of the universe, of humankind, of relationships, of sin, of civilization, of families, and of one special family created and chosen by God to be the instrument through which He would bless the world. That family is our family, yours and mine. Like all good family stories, it starts with not just a something or somewhere, but a someone. Part memoir, part biblical inspiration story, Broken & Blessed is about how change begins when one person decides to take the first step in how that makes a change in a family, like ripples on water.

The #1 New York Times Bestseller "There is a crack in everything. That's how the light gets in."—Leonard Cohen Christmas is approaching, and in Québec it's a time of dazzling snowfalls, bright lights, and gatherings with friends in front of blazing hearths. But shadows are falling on the usually festive season for Chief Inspector Armand Gamache. Most of his best agents have left the Homicide Department, his old friend and lieutenant Jean-Guy Beauvoir hasn't spoken to him in months, and hostile forces are lining up against him. When Gamache receives a message from Myrna Landers that a longtime friend has failed to arrive for Christmas in the village of Three Pines, he welcomes the chance to get away from the city. Mystified by Myrna's reluctance to reveal her friend's name, Gamache soon discovers the missing woman was once one of the most famous people not just in North America, but in the world, and now goes unrecognized by virtually everyone except the mad, brilliant poet Ruth Zardo. As events come to a head, Gamache is drawn ever deeper into the world of Three Pines. Increasingly, he is not only investigating the disappearance of Myrna's friend but also seeking a safe place for himself and his still-loyal colleagues. Is there peace to be found even in Three Pines, and at what cost to Gamache and the people he holds dear? How the Light Gets In is the ninth Chief Inspector Gamache novel from Louise Penny. One of Publishers Weekly's Best Mystery/Thriller Books of 2013 One of The Washington Post's Top 10 Books of the Year An NPR Best Book of 2013

If you or someone you love is dealing with a crisis right now, please call 1-800-273-8255 to reach the National Suicide Prevention Helpline. A compassionate guide to managing suicidal thoughts and finding hope if you're struggling with suicidal thoughts, please know that you are not alone and that you are worthy of help. Your life and well-being matter. When you're suffering, life's challenges can feel insurmountable. This workbook is here to help you find relief and solutions when suicidal thoughts take over. Grounded in cognitive behavioral therapy (CBT), this compassionate workbook offers practical tools to guide you toward a place of hope. It will help you identify your reasons for living, manage intense emotions and painful thoughts, and create a safe environment when you are in a crisis. You'll also find ways to strengthen social connections, foster self-compassion, and rediscover activities that bring joy and meaning to your life. This workbook is here to support you. However you are feeling at this moment, remember the following: You are worth it, you are loved, and you matter.

One of TIME's 100 Must-Read Books of 2021 One of BuzzFeed's Best Books of 2021 One of Vulture's Best Books of 2021 Named one of the Most Anticipated of Books of 2021 by the Los Angeles Times, Literary Hub, and The Millions A searing and brave memoir that offers a new understanding of suicide as a distinct mental illness. As the sun lowered in the sky one Friday afternoon in April 2006, acclaimed author Donald Antrim found himself on the roof of his Brooklyn apartment building, afraid for his life. In this moving memoir, Antrim vividly recounts what led him to the roof and what happened after he came back down: two hospitalizations, weeks of fruitless clinical trials, the terror of submitting to ECT—and the saving call from David Foster Wallace that convinced him to try it—as well as years of fitful recovery and setback. Through a clear and haunting reckoning with the author's own story, One Friday in April confronts the limits of our understanding of suicide. Donald Antrim's personal insights reframe suicide—whether in thought or in action—as an illness in its own right, a unique consequence of trauma and personal isolation, rather than the choice of a depressed person. A necessary companion to William Styron's classic? Darkness Visible, this profound, insightful work sheds light on the tragedy and mystery of suicide, offering solace that may save lives.

Gang Leader for a Day

The Four Loves

Understanding Suicide

The Suicidal Thoughts Workbook

A Novel

Chasing the Chaos of Mental Illness

All Quiet on the Western Front

A daring post-apocalyptic novel from a powerful rising literary voice With winter looming, a small northern Anishinaabe community goes dark. Cut off, people become passive and confused. Panic builds as the food supply dwindles. While the band council and a pocket of community members struggle to maintain order, an unexpected visitor arrives, causing the crumbling society to the south. Soon after, others follow. The community leadership loses its grip on power as the visitors manipulate the tired and hungry to take control of the reserve. Tensions rise and, as the months pass, so does the death toll due to sickness and despair. Frustrated by the building chaos, a group of young friends and their families turn to the land and Anishinaabe tradition in hopes of helping their community thrive again. Guided through the chaos by an unlikely leader named Evan Whitesky, they endeavor to restore order while grappling with a grave decision.

Blending action and allegory. Moon of the Crusted Snow opens our expectations. Out of catastrophe comes resilience. And as one society collapses, another is reborn.

#1 NEW YORK TIMES BESTSELLER | NATIONAL BOOK AWARD WINNER | NAMED ONE OF TIME'S TEN BEST NONFICTION BOOKS OF THE DECADE | PULITZER PRIZE FINALIST | NATIONAL BOOK CRITICS CIRCLE AWARD FINALIST | ONE OF OPRAH'S [BOOKS THAT HELP ME THROUGH] | NOW AN HBO ORIGINAL SPECIAL EVENT Hailed by Toni Morrison as “required reading,” a bold and personal literary exploration of race and identity by the most important essayist in a generation and a writer who changed the national political conversation about race! ROLLING STONE NAMED ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE BY CNN | NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE | NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY The New York Times Book Review | O: The Oprah Magazine | The Washington Post | Entertainment Weekly | Vogue | Los Angeles Times | San Francisco Chronicle | Chicago Tribune | New York | Newsday | Library Journal | Publishers Weekly In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crises. Americans have built an empire on the idea of “race,” a falsehood that damages us all but falls most heavily on the bodies of black women and men/bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? Between the World and Me is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son/and readers/their the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage. Between the World and Me clearly illuminates the past, braightly confronts our present, and offers a transcendent vision for a way forward.

A vital and triumphant story of perseverance and recovery by one of Canada's foremost advocates for mental health When Mark Henick was a teenager in Cape Breton, Nova Scotia, he was overwhelmed by depression and anxiety that led to a series of increasingly dangerous suicide attempts. One night, he climbed onto a bridge over an overpass and stood in the wind, clinging to a girder. Someone shouted, "Jump, you coward!" Another man, a stranger in a brown coat, took Henick quietly by the hand and with deep empathy. Just as Henick's feet touched open air, the man in the brown coat encircled his chest and pulled him to safety. This near-death experience changed Henick's life forever. So-Called Normal is Henick's memoir about growing up in a broken home and the events that led to that fateful night on the bridge. It is a vivid and personal account of the mental health challenges he experienced in childhood and his subsequent journey toward healing and recovery.

Declared the best survival book in a decade by Outside Magazine, 438 Days is the true story of the man who survived fourteen months in a small boat drifting seven thousand miles across the Pacific Ocean. On November 17, 2012, two men left the coast of Mexico for a weekend fishing trip in the open Pacific. That night, a violent storm ambushed them as they were fishing eighty miles offshore. As gale force winds and ten-foot waves pummeled their small, open boat from all sides and nearly capsized them, captain Salvador Alvarenga and his crewmate cut away a two-mile-long fishing line and began a desperate dash through crashing waves as they sought the safety of port. Fourteen months later, on January 30, 2014, Alvarenga, now a hairy, wild-bearded and half-mad castaway, washed ashore on a nearly deserted island on the far side of the Pacific. He could barely speak and was unable to walk. He claimed that he had drifted from Mexico, a journey of some seven thousand miles. A [gripping saga] (Daily Mail), 438 Days is the first-ever account of one of the most amazing survival stories in modern times. Based on dozens of hours of exclusive interviews with Alvarenga, his colleagues, search-and-rescue officials, the remote islanders who found him, and the medical team that saved his life, 438 Days is not only lan intense, immensely absorbing read! (Booklist) but an unforgettable study of the resilience, will, ingenuity and determination required for one man to survive more than a year lost and adrift at sea.

A Memoir - Attempting Suicide and Finding Life

This Is How It Feels

Girl in Pieces

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

A Crack in the Edge of the World

[in MY MANIA, I BECAME] Based on a True Story

The Final Leap

Attempted Suicide: The Essential Guidebook for Loved Ones is the product of years of research and lived experience. This book provides the reader with: - a sense of community and normalcy - commonalities experienced by people who love someone who has attempted suicide - a guidebook for healing - hope and encouragement for the future - answers to frequently asked questions - timeline for experiences - guidance for emotions and incidents It is the author's greatest wish this book will provide the reader peace, hope and resources to assist on the journey back to health.

Wise recollects her near fatal suicide attempt following the death of her young husband from Lou Gehrig's Disease. This account of the entire process navigated through therapy is told from the rare perspective of the patient, yet is written for people who sit on both sides of the couch.

Which is the safest seat on an airplane? Where is the best place to have a heart attack? Why does religious observance add years to your life? How can birthdays be hazardous to your health? Each second of the day, someone in America faces a crisis, whether it's a car accident, violent crime, serious illness, or financial trouble. Even the inevitability of adversity, we all wonder: Who bears the odds and who surrenders? Ho do some people bounce back and others give up? How can I become the kind of person who survives and thrives? The fascinating, hopeful answers to these questions are found in The Survivors Club. In the thrilling story of Treason and The Tipping Point, this book reveals the hidden side of survival by combining astonishing true stories, gripping scientific research, and the author's adventures inside the U.S. military's elite survival schools and the government's airplane crash evacuation course. With The Survivors Club, you can also discover your own Survivor IQ through a powerful Internet-based test called the Survivor Profiler. Developed exclusively for this book, the test analyzes your personality and generates a customized report on your top survivor strengths. There is no escaping life's inevitable struggles. But The Survivors Club can give you an edge when adversity strikes.

On August 12th, 1996, Dylan Sessler found himself facing the hardest moment of his life at just 6 years old. The unexpected trauma of loss broke the innocent nature of his childhood and left behind an unending storm of confusion, pain, and hard truths in its wake. Defy the Darkness is a raw account of how Dylan processed his way through his trauma and offers guidance on how others can do the same. This book was written to discuss the things people have always been afraid to talk about. From depression and PTSD to grief and suicide, this book dives headfirst into the taboo nature of mental health and delivers a path forward that is gentle to the heart and easy to embrace. Now as a Mental Health Coach, Dylan himself is able to reach into a place of human consciousness and deliver reality in a way that clarifies the pain, informs with perspective, and develops a clear sense of purpose in the face of some of the hardest questions life has to offer. Fun Facts: Dylan wrote 90% of Defy the Darkness in the first months of the Covid-19 shutdown while also posting daily on Tik Tok. His social media presence alone helped hundreds of thousands of people keep fighting for life. From zero to nearly half a million followers in just 18 months, Dylan is a walking paradox as an introvert and influencer. He wrote this book to show others the things he wished he had understood growing up. If you want to support Dylan, please leave a review once you have finished so others may see the value this book offers. Don't forget to find Dylan on social media @Dylan_Sessler to keep up-to-date with his new ventures.

Eat Like a Human

Through The Eyes Of One?

Broken Moon

Why People Die by Suicide

Climbing Through the Darkness

Waking Up, Alive

NATIONAL BESTSELLER • WINNER OF THE PULITZER PRIZE • A searing, post-apocalyptic novel about a father and son's fight to survive, this "tale of survival and the miracle of goodness only adds to McCarthy's stature as a living master. It's gripping, frightening and, ultimately, beautiful!" (San Francisco Chronicle). A father and his son walk alone through burned America. Nothing moves in the ravaged landscape save the ash on the wind. It is cold enough to crack stones, and when the snow falls it is gray. The sky is dark. Their destination is the coast, although they don't know what, if anything, awaits them there. They have nothing; just a pistol to defend themselves against the lawless bands that stalk the road, the clothes they are wearing, a cart of scavenged food—and each other. The Road is the profoundly moving story of a journey. It boldly imagines a future in which no hope remains, but in which the father and his son, "each the other's world entire," are sustained by love. Awesome in the totality of its vision, it is an unflinching meditation on the worst and the best that we are capable of: ultimate destructiveness, desperate tenacity, and the tenderness that keeps two people alive in the face of total devastation.

A book of life-quotes. All new and original thoughts directly from the author. An insightful point of view at living life with honor, integrity and respect. A must read for EVERYBODY.

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: he felt 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 undefeated 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. As an archaeologist and chef explains how to follow our ancestors' lead when it comes to dietary choices and cooking techniques for optimum health and vitality. "Read this book!" (Mark Hyman, MD, author of Food) Our relationship with food is filled with confusion and insecurity. Vegan or carnivore? Vegetarian or gluten-free? Keto or Mediterranean? Fasting or Paleo? Every day we hear about a new ingredient that is good or bad, a new diet that promises everything. But the secret to becoming healthier, losing weight, living an energetic life, and healing the planet has nothing to do with counting calories or feeling deprived—the key is re?earning how to eat like a human. This means finding food that is as nutrient-dense as possible, and preparing that food using methods that release those nutrients and make them bioavailable to our bodies, which is exactly what allowed our ancestors to not only live but thrive. In Eat Like a Human, archaeologist and chef Dr. Bill Schindler draws on cutting-edge science and a lifetime of research to explain how nutrient density and bioavailability are the cornerstones of a healthy diet. He shows readers how to live like modern "hunter-gatherers" by using the same strategies our ancestors used—as well as techniques still practiced by many cultures around the world—to make food as safe, nutritious, bioavailable, and delicious as possible. With each chapter dedicated to a specific food group, in?depth explanations of different foods and cooking techniques, and concrete takeaways, as well as 75+ recipes, Eat Like a Human will permanently change the way you think about food, and help you live a happier, healthier, and more connected life.

Gorillas in the Mist

The Nobleman's Guide to Scandal and Shipwrecks

All the Things We Never Knew

Moon of the Crusted Snow

Between the World and Me

Surviving and Thriving After a Suicide Attempt

So-Called Normal

From Wall Street Journal bestseller Parker S. Huntington comes a broken love story laced with angst and forbidden romance.I wasn't supposed to be on that roof on Valentine's Day.Neither was Kellan Marchetti, the school's designated freak.We met on the verge of ending our lives.Somewhat, the tattered struts of our tragedies tangled and tightened into an unlikely bond.We decided not to take the plunge and agreed to check on each other every Valentine's Day until school ended. Same time. One roof. Two restless souls. We kept our promise for three years. On the fourth, Kellan made a decision, and I was left to deal with the consequences. Just when I thought our story ended, another one began. They say all love stories look the same and taste different. Mine was venomous, disgraceful, and written in scarlet scars. My name is Charlotte Richards, but you can call me Venom.

I WILL NEVER HAVE A HUSBAND, BUT I HAVE THE BEST BROTHER IN THE WORLD. YOUR BREATH ON MY CHEEK -- ON MY SCAR -- FELT LIKE THE BREATH OF ALLAH. Nadira is spoiled goods. Scars from a beating she received for a crime that her older brother allegedly committed tell the world that she is worth less than nothing -- except for her little brother, Umar, who sees beauty in her scars and value in her. But Umar is gone -- perhaps kidnapped or maybe sold. All Nadira knows is that Umar has been taken into the desert to ride camels for rich sheiks. He could be lost to her forever. For Umar, Nadira will risk everything. So she dresses herself as a boy and searches out the men who took him. They are not hard to find, and soon she, too, is headed to the desert to be a camel jockey. Life in the desert is more brutal than Nadira imagined.

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.

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.

CBT Skills to Reduce Emotional Pain, Increase Hope, and Prevent Suicide

A Chief Inspector Gamache Novel

A Memoir of Family, Depression and Resilience

Below

Waking Up

438 Days

Perfectly Broken

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.

Considered by many the greatest war novel of all time, *All Quiet on the Western Front* is Erich Maria Remarque's masterpiece of the German experience during World War I. I am young, I am twenty years old; yet I know nothing of life but despair, death, fear, and fatuous superficiality cast over an abyss of sorrow. . . . This is the testament of Paul Bäumer, who enlists with his classmates in the German army during World War I. They become soldiers with youthful enthusiasm. But the world of duty, culture, and progress they had been taught breaks in pieces under the first bombardment in the trenches. Through years of vivid horror, Paul holds fast to a single vow: to fight against the principle of hate that meaninglessly pits young men of the same generation but different uniforms against one another . . . if only he can come out of the war alive. "The world has a great writer in Erich Maria Remarque. He is a craftsman of unquestionably first rank, a man who can bend language to his will. Whether he writes of men or of inanimate nature, his touch is sensitive, firm, and sure."—*The New York Times Book Review*

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.

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.

An Extraordinary True Story of Survival at Sea

A Memoir

The Essential Guidebook for Loved Ones

Night Falls Fast

The History of Love: A Novel

The Third Rail

The Survivors Club

"On the barren plains of Below, a teenage boy named Hobb lives in isolation amid the remnants of Earth's modern age. On the floating islands in the skies of Above, Elia and her family are enslaved in endless drudgery until a natural disaster sends Elia plummeting to Below, where she meets Hobb and together they face airborne and terrestrial dangers and discover a powerful secret!"--

The Golden Gate Bridge is one of the most beautiful and most photographed structures in the world. It's also the most deadly. Since it opened in 1937, more than 1,500 people have died jumping off the bridge, making it the top suicide site on earth. It's also the only international landmark without a suicide barrier. Weaving drama, tragedy, and politics against the backdrop of a world-famous city, The Final Act is the first book ever written about Golden Gate Bridge suicides. John Bateman leads us on a fascinating journey that uncovers the reasons for the design decision that led to so many deaths, provides insight into the phenomenon of suicide, and examines arguments for and against a suicide barrier. He tells the stories of those who have died, the few who have survived, and those who have been affected--from loving families to the Coast Guard, from the coroner to suicide prevention advocates.

A repackaged edition of the revered author's classic work that examines the four types of human love: affection, friendship, erotic love, and the love of God—part of the C. S. Lewis Signature Classics series. C.S. Lewis—the great British writer, scholar, lay theologian, broadcaster, Christian apologist, and bestselling author of *Mere Christianity*, *The Screwtape Letters*, *The Great Divorce*, *The Chronicles of Narnia*, and many other beloved classics—contemplates the essence of love and how it works in our daily lives in one of his most famous works of nonfiction. Lewis examines four varieties of human love: affection, the most basic form; friendship, the rarest and perhaps most insightful; Eros, passionate love; charity, the greatest and least selfish. Throughout this compassionate and reasoned study, he encourages readers to open themselves to all forms of love—the key to understanding that brings us closer to God.

Fans of *Girl, Interrupted*, *Thirteen Reasons Why*, and *All the Bright Places* will love this New York Times bestseller. "A haunting, beautiful, and necessary book that will stay with you long after you've read the last page."—Nicola Young, #1 New York Times bestselling author of *Everything, Everything* and *The Sun Is Also a Star*
Charlotte Davis is in pieces. At seventeen she's already lost more than most people do in a lifetime. But she's learned how to forget. The broken glass washes away the sorrow until there is nothing but calm. You don't have to think about your father and the river. Your best friend, who is gone forever. Or your mother, who has nothing left to give you. Every new scar hardens Charlie's heart just a little more, yet it still hurts so much. It hurts enough to not care anymore, which is sometimes what has to happen before you can find your way back from the edge. A deep moving portrait of a girl in a world that owes her nothing, and has taken so much, and the journey she undergoes to put herself back together. Kathleen Glasgow's debut is heartbreakingly real and unflinchingly honest. It's a story you won't be able to look away from. "Girl, Interrupted meets Speak."—*Refinery29* "A dark yet powerful read."—*Paste Magazine* "One of the most affecting novels we have read."—*Goop* "Breathtaking and beautifully written."—*The Irish Times*
And don't miss Kathleen Glasgow's newest novel *How to Make Friends with the Dark*, which Karen M. McManus, the New York Times bestselling author of *One of Us Is Lying*, calls "rare and powerful."

Guardian of the Golden Gate

Defying Venom

Protecting the Line Between Hope and Despair

One Friday in April: A Story of Suicide and Survival

Cracked Up to Be

Broken & Blessed

Redefining Mental Health with Hope and Action

Cracked, Not BrokenSurviving and Thriving after a Suicide AttemptRowman & Littlefield Pub Incorporated

A New York Times Bestseller "A rich portrait of the urban poor, drawn not from statistics but from vivid tales of their lives and his, and how they intertwined."—*The Economist* "A sensitive, sympathetic, unpatronizing portrayal of lives that are usually ignored or lumped into ill-defined stereotypes."—*Financial Times* Foreword by Stephen J. Dubner, coauthor of *Freakonomics*
When first-year graduate student Sudhir Venkatesh walked into an abandoned building in one of Chicago's most notorious housing projects, he hoped to find a few people willing to take a multiple-choice survey on urban poverty—and impress his professors with his boldness. He never imagined that as a result of this assignment he would befriend a gang leader named JT and spend the better part of a decade embedded inside the projects under JT's protection. From a privileged position of unprecedented access, Venkatesh observed JT and the rest of his gang as they operated their crack-selling business, made peace with their neighbors, evaded the law, and rose up or fell within the ranks of the gang's complex hierarchical structure. Examining the morally ambiguous, highly intricate, and often corrupt struggle to survive in an urban war zone, *Gang Leader for a Day* also tells the story of the complicated friendship that develops between Venkatesh and JT—two young and ambitious men in unwise apart. Sudhir Venkatesh's latest book *Floating City: A Rouge Sociologist Lost and Found in New York's Underground Economy*—a memoir of sociological investigation revealing the true face of America's most diverse city—is also published by Penguin Press.

After making a deal with her mother, Ingrid finds herself on a hardcore, three-week wilderness trek with a group of "at risk youth." There must have been some mistake. But as the laborious days go by, memories come flooding back, and Ingrid begins to wonder if she belongs with these troubled teens more than she would like to admit. Even as a reporter, Sheila Hamilton missed the signs as her husband Michael's mental illness unfolded before her. By the time she had pieced together the puzzle, it was too late. Her once brilliant, intense, and hilarious partner was dead within six weeks of a formal diagnosis of bipolar disorder, leaving his nine-year-old daughter and wife without so much as a note to explain his actions, a plan to help them recover from their profound grief, or a solution for the hundreds of thousands of dollars in debt that they would inherit from him. All the Things We Never Knew takes readers from Michael and Sheila's romance through the last three months of their life together and into the year after his death. It details their unsettling descent from ordinary life into the world of mental illness, and examines the fragile line between reality and madness. Now, a decade after Michael's death, Sheila and her daughter, Sophie, have learned the power of choosing life over retreat; let themselves love and trust again; and understand the importance of forgiveness. Their story will resonate with all those who have loved someone who suffers from bipolar disease and mental illness.

God Changes the World One Person and One Family At A Time

Nobody Can Save Me

The Glass Castle

Everything Beautiful Is Not Ruined

The Road

A Best Friend's Brother Romance

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

In this young adult novel debut, the story of a girl too smart for her own good who, after one tragic night, decides to reject the popular life in exchange for one of solitude. Perfect Parker Fadley isn't so perfect anymore. She's quit the cheerleading squad, she's dumped her perfect boyfriend, and she's failing school. Her parents are on a constant suicide watch and her counselors think she's playing games...but what they don't know, the real reason for this whole mess, isn't something she can say out loud. It isn't even something she can say to herself. A horrible thing has happened and it just might be her fault. If she can just remove herself from everybody--be totally alone--then everything will be okay...The problem is, nobody will let her. Cracked Up To Be gives you Parker, her world, her friends, straight up, no chaser. You won't forget her. --Kathe Koja author of Kissing The Bee

Nourishing Foods and Ancient Ways of Cooking to Revolutionize Your Health
A Rogue Sociologist Takes to the Streets