

Night Falls Fast Understanding Suicide Vintage

'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
'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. The revolution in psychiatry that began in earnest in the 1960s led to dramatic advances in the understanding and treatment of manic-depressive illness. Hailed as the most outstanding book in the biomedical sciences when it was originally published in 1990, Manic-Depressive Illness was the first to survey this massive body of evidence comprehensively and to assess its meaning for both clinician and scientist. It also vividly portrayed the experience of manic-depressive illness from the perspective of patients, their doctors, and researchers. Encompassing an understanding about the illness as Kraeplin conceived of it- about its cyclical course and about the essential unity of its bipolar and recurrent unipolar forms- the book has become the definitive work on the topic, revered by both specialists and nonspecialists alike. Now, in this magnificent second edition, Drs. Frederick Goodwin and Kay Redfield Jamison bring their unique contribution to mental health science into the 21st century. In collaboration with a team of other leading scientists, a collaboration designed to preserve the unified voice of the two

authors, they exhaustively review the biological and genetic literature that has dominated the field in recent years and incorporate cutting-edge research conducted since publication of the first edition. They also update their surveys of psychological and epidemiological evidence, as well as that pertaining to diagnostic issues, course, and outcome, and they offer practical guidelines for differential diagnosis and clinical management. The medical treatment of manic and depressive episodes is described, strategies for preventing future episodes are given in detail, and psychotherapeutic issues common in this illness are considered. Special emphasis is given to fostering compliance with medication regimens and treating patients who abuse drugs and alcohol or who pose a risk of suicide. This book, unique in the way that it retains the distinct perspective of its authors while assuring the maximum in-depth coverage of a vastly expanded base of scientific knowledge, will be a valuable and necessary addition to the libraries of psychiatrists and other physicians, psychologists, clinical social workers, neuroscientists, pharmacologists, and the patients and families who live with manic-depressive illness.

An investigation into the perplexing and painful problem of suicide examines the causes and consequences of suicide in America, assesses possible prevention measures, and discusses approaches to healing for those touched by the deaths of loved ones

The Decline of the West

Ten Essential Touchstones for Finding Hope and Healing Your Heart

Diego Rivera

Why Suicide?

A Survival Guide for Depressed Teens

The Passion for Life

Written by Dr Sandi Mann, Senior Lecturer at the University of Central Lancashire, Psychology: A Complete Introduction is designed to give you everything you need to succeed, all in one place. It covers the key areas that students are expected to be confident in, outlining the basics in clear jargon-free English, and then providing added-value features like summaries of key experiments, and even lists of questions you might be asked in your seminar or exam. The book uses a structure that mirrors the way Psychology is taught on many university courses. Chapters include key topics in

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psychology research; cognitive issues, including language, emotion, memory and perception; individual differences - intelligence, personality and gender; social psychology; mental health and psychological disorders/abnormal psychology and the treatment of such; the nervous system; and sleep.

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. 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,*

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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. 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.

Nothing Was the Same

Robert Lowell, Setting the River on Fire

A Sociological Autopsy

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Crush

*Bipolar Disorders and Recurrent
Depression*

Exploring the Ten Essential Touchstones

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.

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.

With ample space to unburden the heart and the soul, this companion workbook helps grievers explore the 10 essential touchstones for finding hope and healing. The exercises throughout the journal recall the content of the book and ask corresponding questions about the survivor's unique grief journey.

This collection about obsession and love is the 99th volume of the Yale Series of Younger Poets Richard Siken's *Crush*, selected as the 2004 winner of the Yale Younger Poets prize, is a powerful collection of poems driven by obsession and love. Siken writes with ferocity, and his reader hurtles unstoppably with him. His poetry

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is confessional, gay, savage, and charged with violent eroticism. In the world of American poetry, Siken's voice is striking.

The Summer My Father Died

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

Protecting the Line Between Hope and Despair

The Suicidal Mind

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

Making Peace with Suicide

"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.

In the early days of photography, a woman painter in 1890s Egypt marries a portrait photographer and becomes so good at his profession he gets jealous, sending her into the arms of a British officer. Set in high-society Cairo under British occupation, the novel compares the two arts. By a Franco-Egyptian writer, author of Birds of Passage.

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.

NATIONAL BESTSELLER • A deeply powerful memoir about bipolar illness that has both transformed and saved lives—with a new preface by the author. 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.

A Study of Suicide

A Healing Guide for Families after a Suicide

The Collected Schizophrenias

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

A Clear Understanding of the Unthinkable: What

Those who Died by Suicide Want You to Know

A Summary of Research Findings on Suicidal Behavior

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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,

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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. 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

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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. 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

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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.

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.

Suicidal

Manic-Depressive Illness

A Study of Genius, Mania, and Character

The Savage God

Exuberance

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Suicide

A biography of the noted Mexican muralist discusses his art, his political ties and beliefs, and his marriage to the painter Frida Kahlo. 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' of one hundredsuicides that explores what can be known about suicidal lives.

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.

dit Kiss grew up a communist in Budapest, soaking up her father's ideology unquestioningly. As a child she is puzzled when others refer to her as Jewish; she only knows that her

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family doesn't believe in God. How can they? As her father lies dying, dit tries to understand the enigma surrounding his life. Where does his unshakeable communist conviction come from? Why doesn't he have relatives? As she digs deeper into his tragic history, dit is forced to confront the contradictions and lies woven into the life of her family - and her country - through the dramatic twists of twentieth century Hungary. 'Lyrical and poetic *The Summer My Father Died* is a powerful memoir. In this remarkable memoir, dit Kiss uncovers the paternal history that shaped her own, even while she was unaware of it ... the journey is riveting.' Lisa Appignanesi 'It shook me profoundly ... not only the richness of the relationship between father and daughter, but the internal development of the narrator also had a deep impact on me.' István Szabó, director of *Mephisto* and *Being Julia*.
Understanding Suicide

An Unquiet Mind

Dying to Be Free

Touched With Fire

Suicidology

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Understanding Your Suicide Grief

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.

Spengler's work describes how we have entered

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into a centuries-long "world-historical" phase comparable to late antiquity, and his controversial ideas spark debate over the meaning of historiography.

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.

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

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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

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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.

The Enigma of Suicide

The Dark Forest

The Photographer's Wife

Help, Hope, and Healing in the Wake of Suicide

Understanding Your Grief

When It Is Darkest

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.

"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"--

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.

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.

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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.

Why We Kill Ourselves

Definition of Suicide

When Nothing Matters Anymore

Why People Kill Themselves

Essays

A Book of Hope, Understanding, and Comfort

Integrating research from multiple disciplines, this text provides a comprehensive perspective on suicide and examines what works in prevention and intervention. The author is a pioneering researcher and clinician who addresses the classification, prevalence, and assessment of suicide and self-destructive behaviors and explores factors at multiple levels, from demographic variables, personality traits, psychiatric diagnoses, and neurobiological factors to the social and cultural context. Student-friendly features include text boxes that dive deeply into specific issues, instructive figures and tables.

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thought-provoking clinical cases, and engaging examples from literature and popular culture. The text reviews medical and psychosocial treatment and prevention approaches, discusses ways to help those bereaved by suicide, and considers issues of professional liability. Soon to be a Netflix Original Series! "Wildly imaginative." —President Barack Obama on The Three-Body Problem trilogy This near-future trilogy is the first chance for English-speaking readers to experience this multiple-award-winning phenomenon from Cixin Liu, China's most beloved science fiction author. In The Dark Forest, Earth is reeling from the revelation of a coming alien invasion-in just four centuries' time. The aliens' human collaborators may have been defeated, but the presence of the sophons, the subatomic particles that allow Trisolaris instant access to all human information means that Earth's defense plans are totally exposed to the enemy. Only the human mind remains a secret. This is the motivation for the Wallfacer Project, a daring plan that grants four men enormous resources to design secret strategies, hidden through deceit and misdirection from Earth and Trisolaris alike. Three of the Wallfacers are influential statesmen and scientists, but the fourth is a total unknown. Luo Ji, an unambitious Chinese astronomer and sociologist, is baffled by his new status. All he knows is that he's the one Wallfacer that Trisolaris wants dead. The Three-Body Problem Series The Three-Body Problem The Dark Forest Death's End Other Books Ball Lightning Supernova Era To Hold Up The Sky

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(forthcoming) At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

As skilled mediums and energy intuitives, this book begins 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.

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

Why People Die by Suicide

Aftershock

Psychology: A Complete Introduction: Teach Yourself
Myths about Suicide

Guardian of the Golden Gate

The Understanding Your Suicide Grief Journal

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.

For much of his thirties, Jesse Bering thought he was probably going to kill himself. He was a successful psychologist and writer, with

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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.

Cracked, Not Broken

A Memoir of Moods and Madness

Surviving and Thriving After a Suicide Attempt

Out Came the Sun

Night Falls Fast

A Comprehensive Biopsychosocial Perspective