



Healing After the Suicide of a Loved One

By Ann Smolin

Fireside Books/Simon & Schuster. Paperback. Condition: New. 224 pages. Dimensions: 8.3in. x 5.6in. x 0.7in. Too often people suffering the aftermath of a suicide suffer alone. As the survivor of a person who has ended his or her own life, you are left a painful legacy -- and not one that you chose. *Healing After the Suicide of a Loved One* will help you take the first steps toward healing. While each individual becomes a suicide survivor in his or her own way, there are predictable phases of pain that most survivors experience sooner or later, from the grief and depression of mourning to guilt, rage, and despair over what you have lost. You may be torturing yourself with repetitive questions such as What if... Why didn't we... and Why, why, why *Healing After the Suicide of a Loved One* will steer you away from this all-too-common tendency to blame yourself and will put you on the path to healing and recovery. Remember, your wounds can heal and you can recover. Filled with case studies, excellent information, valuable advice, and a completely up-to-date reading list and directory of suicide support groups nationwide, this valuable book will give...



READ ONLINE
[7.32 MB]

Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- Justus Hettinger