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Dying to Be Free: A Healing Guide for Families After a Suicide

By Beverly Cobain

Hazelden. Paperback. Book Condition: New. Paperback. 144 pages. Dimensions: 7.2in. x 5.0in. x 0.6in. Honest, gentle advice for those who have survived an unspeakable loss the suicide of a loved one. Transforming suffering into strength, misconceptions into understanding, and shame into dignity, Beverly Cobain and Jean Larch break through the dangerous silence and stigma surrounding suicide to bring readers this much-needed book. Cobain's achingly honest account of dealing with the suicide of a loved one, along with personal stories from others who experienced this profound loss, provide powerful insight into the confusion, fear, and guilt family members experience. A chapter about the suicidal mind helps families not only comprehend the depth of their loved ones pain prior to suicide, but also understand why such desperation is so difficult to recognize even in the closest relationships. By sharing survivor stories as well as the latest thinking and statistics about suicide, Cobain and Larch break through myths, misinformation, and misunderstandings. The result is a book of extraordinary compassion and steadfast guidance for anyone awash in the aftermath of unfathomable loss. This frank book about suicide is a giant step toward bringing another form of mental illness out of the closet. Mindy Greiling, Minnesota State Representative...



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