

# Touched By Suicide Hope And Healing After Loss

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*Understanding Your Grief* - Alan D. Wolfelt 2004-02-01

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.

**Life After Suicide** - Cynthia L. Long 2011

The death of a loved one by suicide is a life-changing and traumatic event that affects many people. Over the past several years, suicide has been the eleventh leading cause of death for Americans. It is estimated that there are over 4.5 million Americans who have lost a loved one to suicide. In, "Life after Suicide: Survival, Hope and Healing," Cynthia L. Long offers direction and resources to suicide survivors and to those who want to be supportive to survivors. This resource is full of stories of individuals who have embraced their grief and "survived" following a suicide death. Despite the stigma of suicide in America, this invaluable resource was written because many survivors wanted their stories to be told in hopes that their experience might help others who are walking a similar path. Written from a Christian perspective, this resource will help the reader learn that survival, hope, and healing are attainable. The author covers such topics as: Misconceptions and Risk Factors about Suicide Stories and Emotions of Survivors Faith, the Church, and Suicide Survival, Hope, and Healing God empowers us to companion those who are hurting. "Life after Suicide" gives tips on how to avoid cliches and euphemisms when talking to the bereaved and offers study guide questions at the end of each chapter. This resource is a "must buy" for anyone who knows someone whose life has been affected by a suicide death -- both survivors and friends who want to support survivors. Cynthia L. Long is a Grief Support Specialist for Lutheran Family Services of Virginia and the Chaplain at Western State Hospital in Staunton, Virginia. Long has served in pastoral positions in Lutheran congregations in Virginia and Pennsylvania and has taught Sociology of Death and Dying at James Madison University in Harrisonburg, Virginia. She received her Master of Divinity (M.Div.) degree at Lutheran Theological Southern Seminary in Columbia, South Carolina, and her Doctor of Ministry (D.Min.) degree from Lutheran Theological Seminary at Philadelphia. Long has also authored "Death is No Stranger: Helping Children Grieve" (CSS Publishing).

*Dying to Be Me* - Anita Moorjani 2022-03-08

THE NEW YORK TIMES BESTSELLER! "I had the choice to come back ... or not. I chose to return when I realized that 'heaven' is a state, not a place" In this truly inspirational memoir, Anita Moorjani relates how, after fighting cancer for almost four years, her body began shutting down—overwhelmed by the malignant cells spreading throughout her system. As her organs failed, she entered into an extraordinary near-death experience where she realized her inherent worth . . . and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was released from the hospital within weeks—without a trace of cancer in her body! Within this enhanced e-book, Anita recounts—in words and on video—stories of her childhood in Hong Kong, her challenge to establish her career and find true love, as well as how she eventually ended up in that hospital bed where she defied all medical knowledge. In "Dying to Be Me," Anita Freely shares all she has learned about illness, healing, fear, "being love," and the true magnificence of each and every human being!

**Rocky Roads** - Michelle Linn-Guist 2010-01-01

The grief journey following a suicide loss is not a quick and easy path. Because people are unique, as are the life experiences of individuals, the

road can open up in several ways for each person. No one travels the same way. In *Rocky Roads: The Journeys of Families through Suicide Grief*, Michelle Linn-Guist, the author of *Do They Have Bad Days in Heaven? Surviving the Suicide Loss of a Sibling*, guides the family unit with a road map to navigate suicide grief as individuals and also as part of the family unit with the ultimate goal of strengthening the family even after a devastating suicide loss.

**Hope and Healing After Suicide** - 2011-05

When people die by suicide, they leave behind family and friends who suddenly find themselves mourning the person's loss and wondering what happened. This guide addresses many personal issues related to a death by suicide, including telling others, working through the grief, finding what helps people to heal, and grieving in children and youth. This Ontario guide also outlines practical things that need taking care of, such as arranging a funeral and dealing with the deceased's personal, legal and financial matters. A resource section lists organizations, websites and books that may help.

**When a Loved One Dies by Suicide** - Association of Catholic Mental Health Ministers 2020-12-25

When someone you love dies by suicide, confusion, shame, and guilt often add to the emotional upheaval and spiritual turmoil in your life. *When a Loved One Dies by Suicide* was written by Catholics who have lost a loved one due to suicide. The contributors share their personal stories of loss, of learning to cope with the crushing grief, of finding comfort in faith and community, and of discovering hope as they began to move forward again. Suicide, although common, too often is hidden in our culture and in the Catholic Church. *When a Loved One Dies by Suicide* dispels the misconceptions about what the Church teaches about suicide and offers a wealth of guidance and support to help you find your own path toward healing. The contributors include Deacon Ed Shoener, Bishop John P. Dolan, Msgr. Charles Pope, Leticia Adams, Tom and Fran Smith, and clinical experts in the field of mental health and suicide. In this book, you will find: encouragement with practical matters such as taking care of yourself emotionally, physically, and spiritually; ways to let others know what you need and find a network of support; guidance to tell your story when you're ready to share it; prayers of comfort and encouragement; solace, hope, and healing from within the rich traditions and teachings of the Catholic Church; and information for how to help others experiencing a similar loss, if and when you are drawn to do so.

**Out Came the Sun** - Mariel Hemingway 2015-04-07

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 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 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.

**Life After Suicide** - Jennifer Ashton, M.D. 2019-05-07

From the chief medical correspondent of ABC News, an eloquent, heartbreaking, yet hopeful memoir of surviving the suicide of a loved one, examining this dangerous epidemic and offering first-hand knowledge and advice to help family and friends find peace. Jennifer Ashton, M.D., has witnessed firsthand the impact of a loved one's suicide. When her ex-husband killed himself soon after their divorce, her world—and that of her children—was shattered. Though she held a very public position with one of the world's largest media companies, she was hesitant to speak about the personal trauma that she and her family experienced following his death. A woman who addresses the public regularly on intimate health topics, she was uncertain of revealing her devastating loss—the most painful thing she'd ever experienced. But with the high-profile suicides of Kate Spade and Anthony Bourdain, Dr. Ashton recognized the importance of talking about her experience and the power of giving voice to her grief. She shared her story with her Good Morning America family on air—an honest, heartbreaking revelation that provided comfort and solace to others, like her and her family, who have been left behind. In *Life After Suicide*, she opens up completely for the first time, hoping that her experience and words can inspire those faced with the unthinkable to persevere. Part memoir and part comforting guide that incorporates the latest insights from researchers and health professionals, *Life After Suicide* is both a call to arms against this dangerous, devastating epidemic, and an affecting story of personal grief and loss. In addition, Dr. Ashton includes stories from others who have survived the death of a loved one by their own hand, showing how they survived the unthinkable and demonstrating the vital roles that conversation and community play in recovering from the suicide of a loved one. The end result is a raw and revealing exploration of a subject that's been taboo for far too long, providing support, information, and comfort for those attempting to make sense of their loss and find a way to heal.

[Understanding Your Suicide Grief](#) - Alan D. Wolfelt 2009-08-01

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.

**Finding Your Way After the Suicide of Someone You Love** - David B. Biebel 2008-02

A compassionate & practical guide that addresses the intensely personal issues of survivors of suicide (SOS). This faith-affirming resource helps survivors know what to expect, esp. during the 1st year following a suicide. Includes personal stories of survivors & suggestions on how to move beyond survival to live life again. Designed for use by individuals, couples, & SOS groups, this book offers help for parents, siblings, friends, as well as practical guidelines for pastors, Christian counselors, & other church leaders. Topics: What to do in the aftermath of a suicide; Handling guilt & understanding the role of depression in suicides; Dealing with questions of faith & meaning; Creating a support system; Choosing a Christian therapist; & Trusted resources.

**By the Cusp of the Moon: Finding Hope and Healing Beyond Suicide** - D. R. Fredi 2019-08-29

"Previously published by Rachel K. Roberts (pen name). The Cusp of the Moon is a wife's raw memoir about the last three years of her marriage to a man battling depression and an all-consuming desire to take his life. D. R. Fredi shares her experiences with nuance, compassion and understanding. She struggles with the exhaustion of caregiving, deals with the frustration of inadequate mental health resources (for patients and caregivers), and faces the stigmas ingrained in America's bible belt. This is a book about love and loss. It is about creating human connections and drawing boundaries. It is about the journey to becoming whole after tragedy. More than that, this book creates a sense that those who struggle with the idea of suicide or who have loved ones who do, aren't alone. This book is a timely reminder about the preciousness of

human life and will assist the general population and policy makers in better understanding the obstacles we have in front of us to prevent further loss of human life. Finally, and possibly most importantly, this book provides a window into the world of suicide for practitioners across the nation who find difficulty in treating this population.

*After Suicide* - Fr Chris Alar 2019-08

Do those who take their own lives automatically go to hell? How can we help those who have lost' a loved one to suicide? Join Fr. Chris Alar, MIC, on his journey to answer these questions in an informative, easy-to-read account of his own grandmother's suicide. Father Alar and his fellow Marian Jason Lewis give you the insight necessary to better understand how to grieve such a tragic loss and how to help others during their time of need. This book unpacks the treasures of the Church's teaching, Sacraments, and devotions to bring real, transforming grace into the struggle of understanding and grieving suicide. *After Suicide* will give you true hope, both for the salvation of the one who died by their own hand and for the healing of those who are left behind. This book is a must read for all those trying to make sense out of such a difficult subject. Additionally, the principles presented herein apply not only to those lost to suicide, but by any means of death. Book jacket.

**Voices of Healing and Hope** - Iris Bolton 2017

**Touched by Suicide** - Michael F. Myers 2006-09-07

Whether you are struggling with fresh grief at a loved one's death by suicide or your loss happened years ago, you should know that you are not alone. 5 million Americans are affected—directly or indirectly—by this tragedy each year. And it sends us on a lifelong search for answers, both to the practical questions and the deepest question of all: Why? In this definitive guide book, Michael F. Myers, MD, a leading psychiatrist, and Carla Fine, author of the acclaimed *No Time to Say Goodbye: Surviving the Suicide of a Loved One*, combine their perspectives as a physician and a survivor to offer compassionate and practical advice to anyone affected by suicide.

*Healing the Wound from My Daughter's Suicide* - Lois Severson 2013-05

With thousands of known suicides taking place in the United States each year, it is very possible you have already been touched. In *Healing the Wound from My Daughter's Suicide*, author Lois Severson shares the true story of how her family was deeply affected by the tragedy of suicide. She narrates the story of the suicide of her twenty-six-year-old daughter Patty in June of 2005. Severson recalls a personal journey through the grief process from the perspective of the mother, father, and sister of the victim. She also includes Patty's suicide letter and selected diary entries and addresses the subject of mental illness and its role in suicides. Raw and emotional, *Healing the Wound from My Daughter's Suicide* provides keen insight into family dynamics following the suicide of a loved one. It shows how one family navigated the grief and healing process and found comfort through help from their community, from within the family, and through their faith in God.

**A Portrait of Grief** - Cheryl Christopher 2021-08-13

"Surviving the loss of a child is the hardest of journeys. There is only one way, and that is through. But how? What does that even mean? I can only show and tell you my experiences along the way, pointing out mistakes, dangers, and miracles." -Cheryl Christopher While many books on grief provide helpful but heady information, *A Portrait of Grief* provides acute care for those devastated by loss. The author holds readers' hands through the early stages of grief and provides guidance for sustained healing into the future. *A Portrait of Grief* simply and truthfully tells about the God who reveals Himself gently, but surely, through His compassionate care and loving presence for those traveling through the "valley of the shadow of death." In concise chapters, this book points fellow grievers toward hope and renewal through personal stories, teachings, and music selections for healing.

**A Healing Touch** - Richard Russo 2008-04-25

Pulitzer Prize-winning writer Richard Russo and five other Maine authors here prove that the close of life need not be filled with darkness, when hospice help is at hand. These writers recount intensely personal and profoundly moving end-of-life accounts that cover a wide spectrum of human experience. All six authors are donating their royalties to a Maine hospice; Down East will also donate 10 percent of proceeds to the same cause.

**Healing Your Traumatized Heart** - Alan D. Wolfelt 2002-09-01

Dealing with grief in a practical manner, this guide offers compassionate tips for those affected by a traumatic death. Included are topics such as coping with family stress, expressing feelings of hurt and anger, dealing with hurtful comments, and exploring feelings of guilt. Each of the 100

suggestions is aimed at reducing the confusion, anxiety, and huge personal void in order to help survivors begin their lives again. Some of the tips include understanding the special characteristics of trauma grief, planting a tree in memory of the person who died, and making connections with others affected by a similar death.

**No Time to Say Goodbye** - Carla Fine 2011-05-11

Suicide would appear to be the last taboo. Even incest is now discussed freely in popular media, but the suicide of a loved one is still an act most people are unable to talk about--or even admit to their closest family or friends. This is just one of the many painful and paralyzing truths author Carla Fine discovered when her husband, a successful young physician, took his own life in December 1989. And being unable to speak openly and honestly about the cause of her pain made it all the more difficult for her to survive. With *No Time to Say Goodbye*, she brings suicide survival from the darkness into light, speaking frankly about the overwhelming feelings of confusion, guilt, shame, anger, and loneliness that are shared by all survivors. Fine draws on her own experience and on conversations with many other survivors--as well as on the knowledge of counselors and mental health professionals. She offers a strong helping hand and invaluable guidance to the vast numbers of family and friends who are left behind by the more than thirty thousand people who commit suicide each year, struggling to make sense of an act that seems to them senseless, and to pick up the pieces of their own shattered lives. And, perhaps most important, for the first time in any book, she allows survivors to see that they are not alone in their feelings of grief and despair.

*Touched by Suicide* - Michael F. Myers 2006-09-07

Whether you are struggling with fresh grief at a loved one's death by suicide or your loss happened years ago, you should know that you are not alone. 5 million Americans are affected—directly or indirectly—by this tragedy each year. And it sends us on a lifelong search for answers, both to the practical questions and the deepest question of all: Why? In this definitive guide book, Michael F. Myers, MD, a leading psychiatrist, and Carla Fine, author of the acclaimed *No Time to Say Goodbye*:

*Surviving the Suicide of a Loved One*, combine their perspectives as a physician and a survivor to offer compassionate and practical advice to anyone affected by suicide.

*Twentyone Olive Trees* - Laura Formentini 2022-01-11

*Twentyone Olive Trees: A Mother's Walk through the Grief of Suicide to Hope and Healing*, is the author's personal journey of transformation following her son Blaise's suicide. The book traces her path from grief to understanding and healing, shown through a collection of twenty-one fables and poems she wrote to Blaise in the year after his untimely death. This book explores Laura's message that it is in your power to overcome personal difficulties no matter what, by creating something beautiful in the wake of whatever has befallen you- death, divorce, disease, destruction from natural and man-made disasters, or other upheavals. The terrible times you suffer are not the end of life but can become a new beginning. It is Laura's hope that these stories will act as a balm for those going through their grief and dark moments, encourage them to embrace their new beginnings, as well as inspire empaths and highly sensitive people to bring about the changes that our society is so strongly in need of. Book jacket.

*Unfinished Conversation* - Robert Lesoine 2009-08-14

*Unfinished Conversations* is a story of profound grief and the journey to healing that followed. Based on a journal Robert Lesoine kept during the two years following the suicide of his best friend, *Unfinished Conversations* will help readers through the process of reflecting on and affirming the raw immediacy of survivors' emotions. Each short chapter focuses on a different aspect of the author's experience as he transforms his anger and guilt to understanding and forgiveness. Licensed psychotherapist Marilynne Chöphel brings her professional background to Robert Lesoine's deeply personal story to create an accessible path to self-directed healing based on mindful awareness and sound clinical practices. Readers work through their own grieving and healing process with end-of-chapter exercises and activities. An appendix and website, [unfinishedconversation.com](http://unfinishedconversation.com), provide additional resources to survivors. The tools and techniques in *Unfinished Conversations* will help readers release past trauma, honor their relationship with their lost loved one, and find greater perspective, meaning, and well-being in their lives.

*Beyond the Grey Sky* - Dustin Ruge 2019-11-28

Suicide claims over one million lives world-wide each year. In the United States alone, suicide has become the second leading cause of death amongst people ages ten to thirty-five and has literally become a national epidemic resulting in 47,000 deaths per year, or more than twice the

number of homicides. Beyond the Grey Sky is the first major publication of its kind to truly help explain the impacts of suicide on both our physical and spiritual beings by telling the incredible true story of a tragic death and a survivor's unique journey that will forever change what we believe and know about suicide. PRAISE FOR BEYOND THE GREY SKY "Dustin Ruge, departing from his previous best-selling books, pours his heart out in "Beyond the Grey Sky." Approaching the 17th anniversary of his brother David's death by suicide, with unvarnished prose and rich anecdotes, he captures the essence of their relationship and his personal journey of healing. Like so many who die by suicide, "David didn't always feel like he 'fit in' to the world we live in." Ruge is a gifted writer - I was transported from laughing out loud (ala David Sedaris) into being moved to tears. This book is a must-read for everyone, not just survivors of suicide loss."-Michael F Myers, MD Professor of Clinical Psychiatry, SUNY Downstate Medical Center, Brooklyn, NY and author of "Touched by Suicide: Hope and Healing After Loss" (with Carla Fine) and "Why Physicians Die by Suicide: Lessons Learned from Their Families and Others Who Cared." "This is one of the most powerful books on suicide we have ever read. We believe that if everybody could read this incredible story they would not consider suicide." -Dale and Dar (Darlene) Emme, Founders of Yellow Ribbon Suicide Prevention Program. "Beyond the Gray Sky" by Dustin Ruge is his own soul-searching journey in the aftermath of his step brother's suicide. He shares the experience of his shattered world and the Spirit World's subsequent intervention with candor and awe. Ruge's search for meaning in his own life and in his brother's life is compelling. Other suicide loss survivors will relate to his story and will read with curiosity and wonder."-Iris Bolton, Author, Grief Counselor, Director Emeritus of the Link Counseling Center in Atlanta, Georgia. Bolton wrote, "My Son, My Son, A Guide to Healing after Death, Loss or Suicide and recently Bolton Press Atlanta published "Voices of Healing and Hope, Conversations on Grief after Suicide." [www.boltonpress.com](http://www.boltonpress.com) "Dustin's story is a heartfelt account about love, grief and our life-long connection we have to our loved ones who have left this world."-Friends for Survival, Inc."Beyond the Grey Sky brings to light the "human factor" and a real look at how suicide impacts not only loved ones, but even acquaintances will be impacted to some degree over such a loss. As a Suicidology Researcher and I know firsthand the tragedy that follows a death by suicide. The "ripple effect" never ceases, the ripples just become less pronounced. However, I know lives can be saved by reading this book."-Olivia Johnson, DM, Blue Wall Institute "Dustin Ruge has written a book about surviving the loss of his brother to suicide that is personal, engaging and poignant. He gives us a clear picture of the devastation of the death, as well as the strong bond they shared and the growth Dustin experiences after grieving. It is a lovely example of how we can and often do engage with life in a richer way after we work through the heart wrenching aspects of our losses to suicide."-Vanessa L. McGann, Ph.D, Survivors Division Chair, American Association of Suicidology

*Real Men Do Cry* - Eric Hipple 2008-09-01

*Real Men Do Cry*, by former NFL quarterback Eric Hipple, is an incredible story of tragedy and triumph. After his 15-year-old son died of suicide, Eric fell into a debilitating downward spiral. Bankrupt and jailed for drunk driving, he found the strength to seek therapy for his own depression and was able to make an amazing comeback. With unflinching honesty, Eric shares his journey, thus opening the door for others to realize that depression is treatable. This page-turner is packed with practical resources for families living with depression and is a valuable tool for counselors and mental health professionals nationwide. Resources include a Nine-Symptom Checklist for Depression along with Signs of Depression and Possible Suicide Risk.

*Helping the Suicidal Person* - Stacey Freedenthal 2017-09-13

*Helping the Suicidal Person* provides a highly practical toolbox for mental health professionals. The book first covers the need for professionals to examine their own personal experiences and fears around suicide, moves into essential areas of risk assessment, safety planning, and treatment planning, and then provides a rich assortment of tips for reducing the person's suicidal danger and rebuilding the wish to live. The techniques described in the book can be interspersed into any type of therapy, no matter what the professional's theoretical orientation is and no matter whether it's the client's first, tenth, or one-hundredth session. Clinicians don't need to read this book in any particular order, or even read all of it. Open the book to any page, and find a useful tip or technique that can be applied immediately.

*Do They Have Bad Days in Heaven?* - Michelle Linn-Gust 2020-09-04

When the first edition of *Do They Have Bad Days in Heaven? Surviving*

the *Suicide Loss of a Sibling* was published in 2001, it was the first comprehensive resource for sibling suicide survivors. In this updated edition, Michelle Linn-Gust (Rusk) doesn't change the story she told nineteen years ago, but gives the reader perspective on the changes that have occurred on how suicide and suicide loss are viewed. She also discusses how her life has changed. And stayed the same. *Do They Have Bad Days in Heaven? Surviving the Suicide Loss of a Sibling* is the first comprehensive resource for sibling suicide survivors. Michelle Linn-Gust takes the reader through the personal experience of losing her younger sister Denise Linn and weaves in the available research for sibling survivors. Michelle also journeys sibling loss through the life span. No matter how old you are, you'll find valuable help in *Do They Have Bad Days in Heaven?* Michelle explains suicide, the grief process, and how sibling death impacts the brothers and sisters left behind. She adds practical advice for how sibling suicide survivors can help themselves. This book is also helpful for those who want to reach out to sibling survivors including parents, teacher, counselors, and friends. Reading *Do They Have Bad Days in Heaven?* assists them in understanding the grief process that the sibling survivor travels.

**Take the Dimness of My Soul Away** - William A. Ritter 2004-09

"In 1994 William A. Ritter's adult son committed suicide, sending Ritter and his family on a journey no family wants to face. *Take the Dimness of My Soul Away* collects the sermons he preached on the subject - the first one just three weeks after his son's death, and the final one nine years later - and chronicles his difficult and life-changing healing process."--BOOK JACKET.

*Aftermath* - Roe Gary 2019-11-29

The unthinkable has happened. Painful. Crushing. Traumatic. Confusing. Complicated. No chance to say goodbye. No final embrace, kiss, or touch. No opportunity to clear the air, ask and give forgiveness, or make amends. A life gone. The tsunami has come, and now you're left standing amid the aftermath. What do you do? Reach out and grab the hand of multiple award-winning author and grief counselor Gary Roe. Let him walk with you through this uncharted, forbidding territory. You need a companion who can be a source of comfort, perspective, hope, and healing. Let Gary journey with you through the aftermath and help you pick up the pieces and begin to rebuild your heart and life. *Aftermath* was written to... Connect with your heart in all the pain, grief, and confusion. Be a companion for you in this unwanted, heart-crushing process that has been thrust upon you. Be a source of comfort, perspective, healing, and peace. Provide practical tools to help you pick up the pieces and begin to rebuild your heart and life. In *Aftermath*, you can discover how to... Be kind to yourself and patient with yourself during this incredibly hard time. Manage the racing thoughts and volatile emotions that come. Deal with other people and the unhelpful words and weird reactions that come your way. Navigate the tough spiritual issues and faith questions that confront your soul. Grieve in healthy ways that honor the one you lost, take your own heart seriously, and express kindness and compassion to those around you. Abandon the notion of quick fixes, self-medicating relief, and the lying voice of addiction as a way out. Latch onto the truth that no one is beyond repair and that anyone can heal - including you. Use your grief as fuel for good and make this death count by living with more purpose and meaning than ever before. Save lives and become part of the solution to this raging suicide epidemic. You didn't choose this road. You woke up on day and found you were on it. You're left standing in amid the aftermath. But you are not alone. Far from it. Let *Aftermath* become a understanding companion for you in the days ahead.

**I Understand** - Vonnie Woodrick 2020-09-01

Time doesn't heal—love heals When Vonnie Woodrick lost her husband Rob to suicide in 2003, she was faced with a series of decisions. How would she move on? How would she support and raise her three children as a young widow? How would she talk about Rob and honor his memory? These questions had no easy answers, but Vonnie found herself longing for one thing in particular: understanding. The stigma of mental illness loomed large over Rob's death and made healing difficult. But Vonnie found the common assumptions surrounding suicide to be false. Rob was not "crazy." He did not choose to take his own life. He was in agony and only wanted the pain to end. His death was a direct result of his mental illness. Why didn't more people understand this? Over a decade later, Vonnie and her children created the nonprofit organization *i understand* to help others enduring this same grief and loneliness. Since its founding in 2014, *i understand* has become a haven of compassionate comfort and a powerful voice in the movement to change the way we talk about suicide so that it can be seen for what it truly is: a

terminal effect of mental illness, rather than a deliberate choice. This is the story of how love transformed Vonnie's brokenness into hope—not only for herself and her family, but for anyone struggling to emerge from the darkness of suicide.

*Grieving a Suicide* - Albert Y. Hsu 2017-07-04

Albert Y. Hsu wrestles with emotional and spiritual questions surrounding suicide, ultimately pointing survivors to the God who offers comfort in our grief and hope for the future. This revised edition now includes a discussion guide for suicide survivor groups.

*After Suicide* - E. Betsy Ross 2009-04-13

Beginning with her own story of coping with her husband's suicide, Eleanora Betsy Ross takes the reader beyond the silence and shame often associated with suicide and shatters some of the most pervasive myths surrounding this common tragedy. By examining the dynamics of after-suicide bereavement and using dozens of real-life case histories, *After Suicide* offers hope for the survivors and helps them maintain their sanity and poise during this most difficult time. Backed by years of research and the author's extensive work with survivors and support groups, this book is a valuable guide to coping with a suicide for both survivors and those who work with them. Capped by a comprehensive resource guide, *After Suicide* stands as an important resource for anyone who has to deal with this loss.

**Dying to Be Free** - Beverly Cobain 2009-10-28

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.

**Devastating Losses** - Carol E. Jordan, MS 2012-06-20

This book fills a critical gap in our scientific understanding of the grief response of parents who have lost a child to traumatic death and the psychotherapeutic strategies that best facilitate healing. It is based on the results of the largest study ever conducted of parents surviving a child's traumatic death or suicide. The book was conceived by William and Beverly Feigelman following their own devastating loss of a son, and written from the perspective of their experiences as both suicide-survivor support group participants and facilitators. It intertwines data, insight, and critical learning gathered from research with the voices of the 575 survivors who participated in the study. The text emphasizes the sociological underpinnings of survivors' grief and provides data that vividly documents their critical need for emotional support. It explains how bereavement difficulties can be exacerbated by stigmatization, and by the failure of significant others to provide expected support. Also explored in depth are the ways in which couples adapt to the traumatic loss of a child and how this can bring them closer or render their relationship irreparable. Findings suggest that with time and peer support affiliations, most traumatically bereaved parents ultimately demonstrate resilience and find meaningful new roles for themselves, helping the newly bereaved or engaging in other humanitarian acts. Key Features: Offers researchers, clinicians, and parent-survivors current information on how parents adapt initially and over time after the traumatic loss of a child Presents data culled from the largest survey ever conducted (575 individuals) of parents surviving a child's suicide or other traumatic death Investigates the ways in which stigmatization complicates and prolongs the grieving process Addresses the tremendous value of support groups in the healing process Explores how married couples are affected by the traumatic loss of their child

**Strong, Smart, and Bold** - Carla Fine 2002-03-19

The pressures a girl experiences growing up today are more intense than ever before. There are gender stereotypes to buck, narrow expectations to contend with, conflicting messages to make sense of. A girl is told that it's important to excel in school and pursue a career, but that she should also keep her voice down, watch her weight, and make sure that everyone else around her is happy. *Strong, Smart, and Bold* shows you how to raise a confident, courageous, and self-sufficient girl. Based on the successful approach of Girls Inc., the nation's leading empowerment organization for girls, this book offers proven techniques and compelling success stories to bring out a girl's spirit as early as possible and to give her the self-assurance she needs to thrive in an increasingly complex and pressured world. Encourage your young woman to find her voice, speak up, and be heard with *Strong, Smart, and Bold*.

**After Suicide** - John H. Hewett 1980-01-01

Clarifies current knowledge of suicide and demonstrates how survivors should deal with feelings of guilt, anger, bewilderment, and shame

**Living with Loss** - Rachel Kodanaz 2016-05-09

"I am so glad that Rachel wrote this book so she can continue to help more people live with loss. She has a special gift for imparting small and manageable ideas that can profoundly impact someone grieving. Loss is never easy, but Rachel's words and wisdom can help make the journey a bit more bearable and perhaps even more meaningful."—Sharon Liese, from the foreword

Living with Loss offers daily encouragement to individuals and families who have recently lost a loved one. The short entries are easy to read and give realistic, practical advice to guide readers through the day. By providing tools and suggestions that offer hope, optimism, introspection, and self-discovery, this book enables readers to embrace the happy days of life with their loved one and gently guide them through their grief.

*Too Soon to Say Goodbye* - Susan Titus Osborn 2009-12

Written by three women all uniquely affected by suicide, this compassionate perspective offers renewal of courage and faith for those grieving this tragic loss of a loved one. Grounded in Scripture and illustrated by true stories, *Too Soon to Say Goodbye* shows the magnitude of God's love in times of heartbreak and offers tested wisdom for allowing Him to heal the pain. Additional insights shed light on depressive illnesses; and for those considering suicide, the authors offer encouragement to choose life over death.

*Living with Loss, Healing with Hope* - Earl A. Grollman 2015-12-01

Earl Grollman's *Living When a Loved One Has Died* has brought comfort

to more than 250,000 readers. In *Living with Loss, Healing with Hope*, Grollman speaks directly to mourners of the Jewish faith. By weaving quotations from Jewish writers and philosophers into his comforting and expert prose, Grollman guides readers through the journey of mourning, healing, and hope. A colleague of Grollman's once told him, "Earl, I am not a member of your faith, but if I wanted the soundest emotional and spiritual approach to death, I would be a Jew." Occasionally quoting from sacred texts as well as Jewish writers and philosophers, *Living with Loss, Healing with Hope* illuminates Judaism's powerful recognition of the trauma of grief and of the mourner's responsibility eventually to return to the rhythm of life. In a brief final section, the author guides readers through Jewish funeral observances, Shiva, and beyond, and reminds all that these symbolic customs are 'about change-remembrance, letting go, and moving on.'

**Grief After Suicide** - John R. Jordan 2011-01-19

A suicide leaves behind more victims than just the individual. And yet there are very few professional resources that provide the necessary background, research, and tools to effectively work with the survivors. This edited volume addresses the need for an up-to-date, professionally oriented summary of the clinical and research literature on the impact of suicide bereavement on survivors.

**Suicide of a Child** - Adina Wroblewski 1993-01-01

Donated by Royal Funeral Home, Inc., 1996.