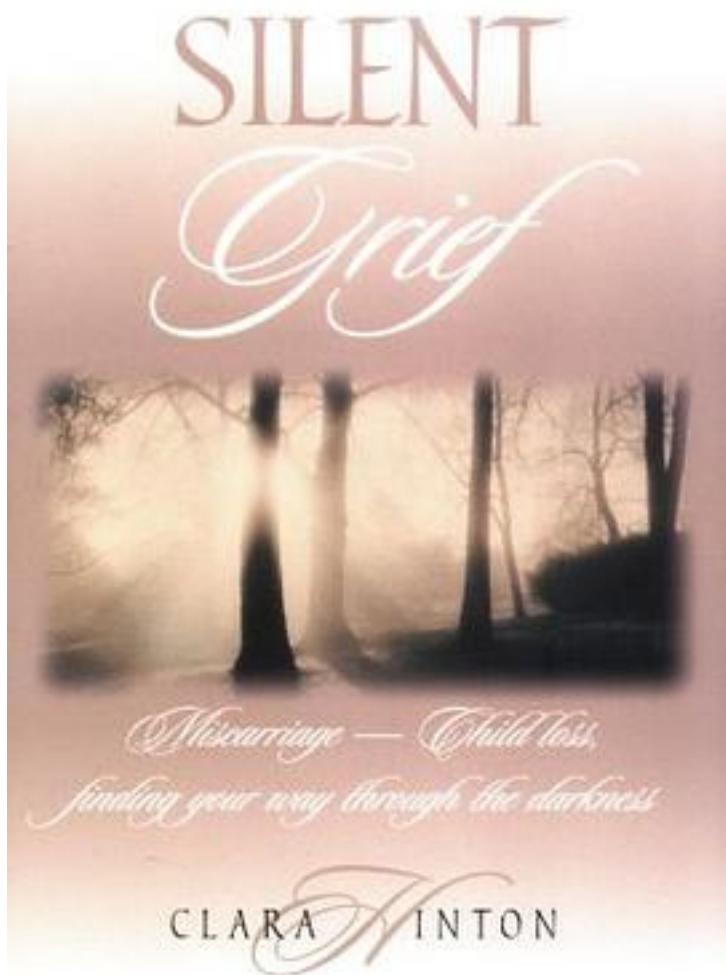


# Silent Grief

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著者:Christopher Lukas

出版者:Jessica Kingsley Publishers

出版时间:2007-03-15

装帧:Paperback

isbn:9781843108474

"Silent Grief" is a book for and about "suicide survivors" - those who have been left behind by the suicide of a friend or loved one. Author Christopher Lukas is a suicide survivor himself - several members of his family have taken their own lives - and the book draws on his own experiences, as well as those of numerous other suicide survivors. These personal testimonies are combined with the professional expertise of Henry M. Seiden, a psychologist and psychoanalytic psychotherapist. The authors present information on common experiences of bereavement, grief reactions and various ways of coping. Their message is that it is important to share one's experience of "survival" with others and they encourage survivors to overcome the perceived stigma or shame associated with suicide and to seek support from self-help groups, psychotherapy, family therapy, Internet support forums or simply a friend or family member who will listen. "Silent Grief" gives valuable insights into living in the wake of suicide and provides useful strategies and support for those affected by a suicide, as well as professionals in the field of psychology, social work, and medicine.

作者介绍:

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标签

心理学

评论

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书评

逝者已矣，来者可追！南华大学生死学研究所助理教授蔡昌雄  
本书是为抚慰自杀者亲友而作的。作者路加斯以身为自杀者亲友的遭遇为基础，在心理医生赛登的协助下，藉由个人经验的分享、自杀者亲友心路历程的剖析，以及可运用之社会协助资源等面向的讨论，呈现出这本主题十...

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#### 国外书评

「这是一本非常感动我、令我印象深刻的书。……书中将自杀者亲友所自述的真诚情感以及完整的专业学理做了非常动人的连结。其中最令我感动的是，作者非常关注儿童在自杀悲剧中所承受的冲击，尤其孩子又是如此脆弱。希望得到安慰与鼓舞的读者，这本书有他们想要的...

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解套生命的牢笼（南华大学人文学院院长暨生死学研究所所长）慧开法师  
自杀是人类有史以来就存在的老问题，也是任何社会无法杜绝的现象。根据统计，十年以前，自杀在美国已经名列第八大死亡原因。台湾地区，则早在十八年前，自杀就已经进入第十大死因的排行榜，而且随着...

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#### 从窗户到门的距离（作家）吴淡如

死者已矣，生者何堪。纵然谁都明白，在世为人，生死无常。  
这是一本为生者写的书。骤然失去亲人或挚爱，已是椎少之痛，但自杀者亲属的感受更加复杂、罪恶感更加深重、遗憾更是刻苦铭心，有些人花了一辈子时间把自己的难言之苦...

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