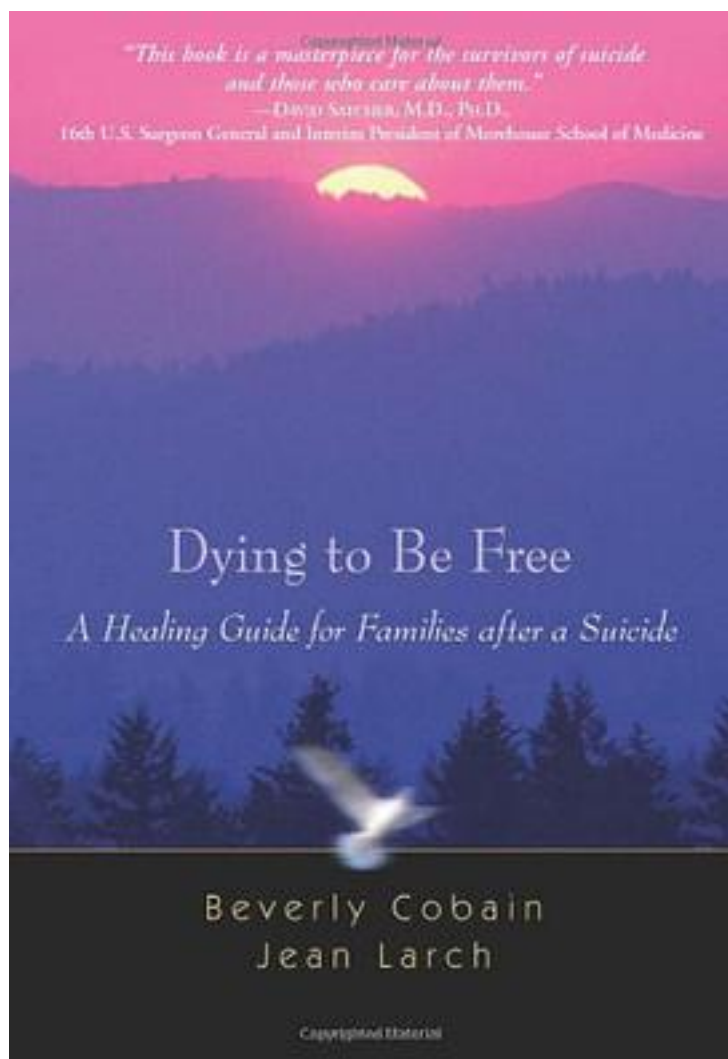


# Dying to be Free



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著者:Cobain, Bev/ Larch, Jean

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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 one's 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 and National Alliance for the Mentally Ill (NAMI) National Board of Directors "This book is a masterpiece for the survivors of suicide and those who care about them." -- David Satcher, M.D., Ph.D., 16th U.S. Surgeon General and Interim President of Morehouse School of Medicine

作者介绍:

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评论

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书评

这本书记录了一些生命的离去，但它肯定挽救了更多的生命——包括我。它也记录了一些重要的信息——如果你处于某种环境中，肯定是知道这些比不知道要好得多，安全得多，平安得多。  
爸爸离世后，我就像是被包裹起来，什么都做不了，什么都想不了，只有自我毁灭才有意义，只有自...

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