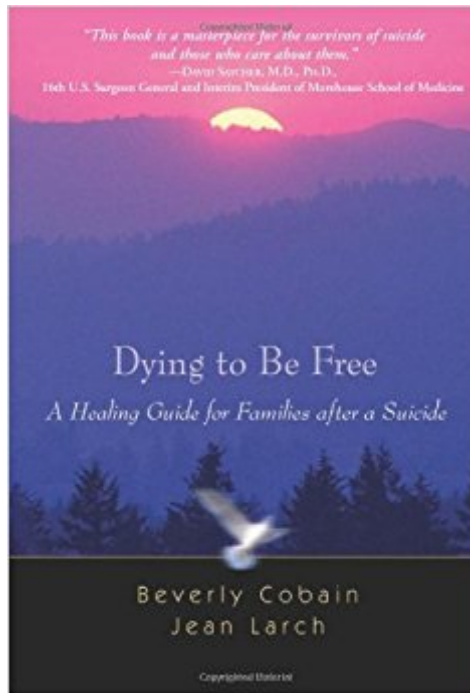


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Dying To Be Free: A Healing Guide For Families After A Suicide



Synopsis

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.

Book Information

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Customer Reviews

I read this book to help me understand what my sister was going through when her much-loved oldest child committed suicide on September 18, 2012. The chapter on "The Tunnel" seemed to me like such a helpful explanation of HOW he could have gone through with such an unthinkable act, but I hesitated to share it with my sister. I didn't want to give her anything that could even possibly increase her suffering, so I debated sharing it. Finally, three months after my nephew's death, my sister mentioned how she would cry when she was alone in the car, still want to know how he could do such a thing. To her, as it must to so many survivors, suicide feels like a horrible slap in the face, a message that even our love was not enough for him to live for. Survivors can question why a person would cause such suffering for family and friends who are left behind. I think the section on the tunnel really helps to answer that question. I really recommend this book for that chapter alone. As far as the warning signs, which at least one person seemed to feel just increased their guilt, I hope survivors notice that the author points out that the signs fit many, many people who would never consider committing suicide. The one warning sign that really stood out to me, though, is the one that Beverly says is the strongest indicator - previous suicide attempts. My nephew had attempted suicide one time that my sister knew about, and she asked him to drop out of graduate

school and come back home. She hoped he would stay for several months but he insisted on returning after just about two months. It wasn't until after his death that she learned that he had survived at least one other attempt. Her son had only told his stepbrother about that attempt, and had made the stepbrother commit to secrecy.

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