

Silent Grief Living In The Wake Of Suicide Revised Edition

Christopher Lukas, Henry M. Seiden

Silent Grief Christopher Lukas, Henry M. Seiden, 2007 *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. Written by a suicide survivor, this book gives valuable insights into living in the wake of suicide, providing useful strategies and support for those affected by suicide, as well as professionals working with them.

A Special Scar Alison Wertheimer, 2001 Designed to appeal to a wide general as well as a professional readership, this work looks at the stigma surrounding suicide and offers practical help for survivors, relatives and friends of people who have taken their own life.

Silent Grief Christopher Lukas, Henry M Seiden, 2007-04-15 This book gives insights into the pain and suffering involved when people are grieving for someone who has committed suicide, but it also offers hope without diminishing the significance of the suffering involved. As such, it has a lot to offer, and is therefore to be welcomed.' - Well-Being 'This book provides deep and valuable insight into the experiences of suicide survivors - those who have been left behind by the suicide of friend, family member or loved one.' - Therapy Today 'The personal stories are full of pathos interest and will clarify where the death leaves those left behind. The list of self-help groups is world wide and it will be useful that you can point the bereaved and traumatized in the right direction.' - Accident and Emergency Nursing Journal 'The authors describe powerfully the effect of suicide on survivors and the world of silence, shame, guilt and depression that can follow. Author Christopher Lake is a suicide survivor and co-author Henry Seiden is an experienced therapist and educator. They use sensitive and unambiguous language to provide an understanding of what it is like to live in the wake of suicide and the struggle to make sense of the world. They also look at how survivors might actively respond to their situation, rather than being passive victims. This book should be read by any professional who is likely to come into contact with people affected by suicide.' - Nursing Standard, October 2007 'The book is well written and relevant to both survivors and professionals concerned for the welfare of those bereaved by suicide.' - SOBS (Survivors of Bereavement by Suicide) Newsletter 'Silent grief is a book for and about suicide survivors, defined as people who have experienced the death of a friend or relative through suicide, and for

anyone who wants to understand what survivors go through. The book explains the profound, traumatic effect suicide has on individuals bereaved in such circumstances. Using verbatim quotes from survivors it explains how they experience feelings of shame, guilt, anger, doubt, isolation and depression. This book provides good insight into the experience of individuals affected by suicide and can be a useful resource to anybody working with such people - be it prisoners who have lost someone close through suicide or the family of a prisoner following a self-inflicted death in prison. - National Offender Management Service. Safer Custody News. Safer Custody Group. May/June 2007

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 inspiring personal testimonies are combined with the professional expertise of Dr. 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. This revised edition has been fully updated and describes new forms of support including Internet forums, as well as addressing changing societal attitudes to suicide and an increased willingness to discuss suicide publicly. *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.

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.

Dying to Be Free Beverly Cobain, Jean Larch, 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.

Healing After the Suicide of a Loved One Ann Smolin, 2011-01-18 Too often people suffering the aftermath of a suicide suffer alone. As the survivor of a person who has ended his or her own life, you are left a painful legacy -- and not one that you chose. *Healing After the Suicide of a Loved One* will help you take the first steps toward healing. While each individual becomes a suicide survivor in his or her own way, there are predictable phases of pain that most survivors experience sooner or later, from the grief and depression of mourning to guilt, rage, and despair over what you have lost. You may be torturing yourself with repetitive questions such as What if...? Why didn't we...? and Why, why, why? *Healing After the Suicide of a*

Loved One will steer you away from this all-too-common tendency to blame yourself and will put you on the path to healing and recovery. Remember, your wounds can heal and you can recover. Filled with case studies, excellent information, valuable advice, and a completely up-to-date reading list and directory of suicide support groups nationwide, this valuable book will give you the strength and hope to go on living.

After Suicide Eileen Kuehn, 2001 Explains the possible causes of suicide, describes the common stages of grieving teenagers experience after a loved one commits suicide, and suggests ways to cope with the loss.

Notes on Grief Chimamanda Ngozi Adichie, 2021-05-11 A personal and powerful essay on loss from Chimamanda Ngozi Adichie, the bestselling author of *Americanah* and *Half of a Yellow Sun*.

But I Didn't Say Goodbye Barbara Rubel, 2020-01-06 What do you do when your father dies by suicide while you are in the hospital awaiting the birth of your triplets? What do you do when you can't attend your father's funeral because physician orders include complete bed rest? What do you do when you realize that you experienced a devastating loss and that you are not alone in that experience? You write a book and dedicate your life to helping others affected by suicide! Barbara Rubel's fictional characters in *But I Didn't Say Goodbye* are a compilation of what individuals may experience throughout their lifetime as a suicide loss survivor. *But I Didn't Say Goodbye: Helping Families After a Suicide* tells the story, from the perspective of an eleven-year-old boy, Alex, and his family, as they are rocked by suicide and reeling from the aftermath. Through Alex's eyes, the reader will see the transformation of feelings after going through a death by suicide. New to the third edition, each chapter ends with Alex reflecting 10 years later on his experience, introducing family members and friends in his recollections. Barbara Rubel has combined our modern academic theories of grieving, and the research that supports those theories, and then translated them into a readable story for anyone bereaved by suicide. The revised edition is an evidence-informed and contemporary treatment of a devastating form of loss that uses the artful device of a hypothetical case study to render it in human terms. Through the story, the reader will understand what losing someone to suicide might be like for a family, how to make meaning in the loss, and ways to experience personal growth. This self-help book was revised to provide guidance and education for clinicians (e.g., mental health providers, social workers, psychologists, school counselors, and case managers) and families to help suicide loss survivors. Part 1 offers a basic understanding of suicide postvention, suicide loss survivors, complicated grief, mourning theories, the American death system, and the impact on clinician survivors. Chapters have been substantially updated, based on mourning models and the latest research. The chapters in Part 2 build upon one another sequentially, from the day of the suicide to the anniversary of the death. At the end of each chapter, there are follow-up questions to explore in counseling sessions, support groups, therapy sessions, or at home. Also, at the end of each chapter, Alex, at the age of 21, reflects back on how his father's death by suicide has changed his life, wounding him, but also helping him to grow.

The Miracle Morning (Updated and Expanded Edition) Hal Elrod,2024-01-09 Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book that has sold more than two million copies. “So much more than a book. It is a proven methodology that will help you fulfil your potential and create the life you’ve always wanted.” —Mel Robbins, New York Times bestselling author of *The High 5 Habit* and *The 5 Second Rule* Getting everything you want out of life isn’t about doing more. It’s about becoming more. Hal Elrod and *The Miracle Morning* have helped millions of people become the person they need to be to create the life they’ve always wanted. Now, it’s your turn. Hal’s revolutionary SAVERS method is a simple, effective step-by-step process to transform your life in as little as six minutes per day: - Silence: Reduce stress and improve mental clarity by beginning each day with peaceful, purposeful quiet - Affirmations: Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer - Visualization: Experience the power of mentally rehearsing yourself showing up at your best each day - Exercise: Boost your mental and physical energy in as little as sixty seconds - Reading: Acquire knowledge and expand your abilities by learning from experts - Scribing: Keep a journal to deepen gratitude, gain insights, track progress, and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than forty pages of new content, including: - *The Miracle Evening*: Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your *Miracle Morning* - *The Miracle Life*: Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

Before We Were Strangers Renée Carlino,2015-08-18 From the USA TODAY bestselling author of *Sweet Thing* and *Nowhere But Here* comes a love story about a Craigslist “missed connection” post that gives two people a second chance at love fifteen years after they were separated in New York City. *To the Green-eyed Lovebird*: We met fifteen years ago, almost to the day, when I moved my stuff into the NYU dorm room next to yours at Senior House. You called us fast friends. I like to think it was more. We lived on nothing but the excitement of finding ourselves through music (you were obsessed with Jeff Buckley), photography (I couldn’t stop taking pictures of you), hanging out in Washington Square Park, and all the weird things we did to make money. I learned more about myself that year than any other. Yet, somehow, it all fell apart. We lost touch the summer after graduation when I went to South America to work for National Geographic. When I came back, you were gone. A part of me still wonders if I pushed you too hard after the wedding... I didn’t see you again until a month ago. It was a Wednesday. You were rocking back on your heels, balancing on that thick yellow line that runs along the subway platform, waiting for the F train. I didn’t know it was you until it was too late, and then you were gone. Again. You said my name; I saw it on your lips. I tried to will the train to stop, just so I could say hello. After seeing you, all of the youthful feelings and memories came flooding back to me, and now I’ve spent the better part of a month wondering what your life is like. I might be totally out of my mind, but would you like to get a drink with me and catch up on the last decade and a half?

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Surviving the Death of a Sibling T.J. Wray, 2003-05-27 When T.J. Wray lost her 43-year-old brother, her grief was deep and enduring and, she soon discovered, not fully acknowledged. Despite the longevity of adult sibling relationships, surviving siblings are often made to feel as if their grief is somehow unwarranted. After all, when an adult sibling dies, he or she often leaves behind parents, a spouse, and even children—all of whom suffer a more socially recognized type of loss. Based on the author's own experiences, as well as those of many others, *Surviving the Death of a Sibling* helps adults who have lost a brother or sister to realize that they are not alone in their struggle. Just as important, it teaches them to understand the unique stages of their grieving process, offering practical and prescriptive advice for dealing with each stage. In *Surviving the Death of a Sibling*, T.J. Wray discusses:

- Searching for and finding meaning in your sibling's passing
- Using a grief journal to record your emotions
- Choosing a grief partner to help you through tough times
- Dealing with insensitive remarks made by others

Warm and personal, and a rich source of useful insights and coping strategies, *Surviving the Death of a Sibling* is a unique addition to the literature of bereavement.

Blue Genes Christopher Lukas, 2008-09-16 Written with heartrending honesty, a memoir that captures the devastation of this family legacy of depression and details the strength and hope that can provide a way of escaping its grasp. "A compassionate but clear-eyed view of his family history." —Washington Post Christopher (Kit) Lukas's mother committed suicide when he was a boy. He and his brother, Tony, were not told how she died. No one spoke of the family's history of depression and bipolar disorder. The brothers grew up to achieve remarkable success; Tony as a gifted journalist (and author of the classic book, *Common Ground*), Kit as an accomplished television producer and director. After suffering bouts of depression, Kit was able to confront his family's troubled past, but Tony never seemed to find the contentment Kit had attained—he killed himself in 1997.

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.

Suicide--why? Adina Wroblewski,1989

I Love Jesus, But I Want to Die Sarah J. Robinson,2021-05-11 A compassionate, shame-free guide for your darkest days “A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized.”—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn’t cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to “choose joy” and “pray more.” So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you’re left wondering if God has abandoned you. You just want a way out. But there’s hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path toward a rich, hope-filled life in Christ, even when healing doesn’t look like what you expect.

Children of Jonah James T. Clemons,2001 A unique collection of deeply moving stories by survivors of suicide attempts who decided to choose life instead. With a foreword by singer-songwriter, Judy Collins, herself a survivor of a suicide attempt

The Sense of an Ending Julian Barnes,2011-08-04 A monumental novel capturing how one man comes to terms with the mutable past. 'A masterpiece... I would urge you to read - and re-read ' Daily Telegraph **Winner of the Man Booker Prize for Fiction** Tony Webster and his clique first met Adrian Finn at school. Sex-hungry and book-hungry, they would navigate the girl-less sixth form together, trading in affectations, in-jokes, rumour and wit. Maybe Adrian was a little more serious than the others, certainly more intelligent, but they all swore to stay friends for life. Now Tony is retired. He's had a career and a single marriage, a calm divorce. He's certainly never tried to hurt anybody. Memory, though, is imperfect. It can always throw up surprises, as a lawyer's letter is about to prove.

Ambiguous Loss Pauline BOSS,Pauline Boss,2009-06-30 When a loved one dies we mourn our loss. We take comfort in the rituals that mark the passing, and we turn to those around us for support. But what happens when there is no closure, when a family member or a friend who may be still alive is lost to us nonetheless? How, for example, does the mother whose soldier son is missing in action, or the family of an Alzheimer's patient who is suffering from severe dementia, deal with the uncertainty surrounding this kind of loss? In this sensitive and lucid account, Pauline Boss explains that, all too often, those

confronted with such ambiguous loss fluctuate between hope and hopelessness. Suffered too long, these emotions can deaden feeling and make it impossible for people to move on with their lives. Yet the central message of this book is that they can move on. Drawing on her research and clinical experience, Boss suggests strategies that can cushion the pain and help families come to terms with their grief. Her work features the heartening narratives of those who cope with ambiguous loss and manage to leave their sadness behind, including those who have lost family members to divorce, immigration, adoption, chronic mental illness, and brain injury. With its message of hope, this eloquent book offers guidance and understanding to those struggling to regain their lives. Table of Contents: 1. Frozen Grief 2. Leaving without Goodbye 3. Goodbye without Leaving 4. Mixed Emotions 5. Ups and Downs 6. The Family Gamble 7. The Turning Point 8. Making Sense out of Ambiguity 9. The Benefit of a Doubt Notes Acknowledgments

Reviews of this book: You will find yourself thinking about the issues discussed in this book long after you put it down and perhaps wishing you had extra copies for friends and family members who might benefit from knowing that their sorrows are not unique...This book's value lies in its giving a name to a force many of us will confront--sadly, more than once--and providing personal stories based on 20 years of interviews and research. --Pamela Gerhardt, Washington Post

Reviews of this book: A compassionate exploration of the effects of ambiguous loss and how those experiencing it handle this most devastating of losses ... Boss's approach is to encourage families to talk together, to reach a consensus about how to mourn that which has been lost and how to celebrate that which remains. Her simple stories of families doing just that contain lessons for all. Insightful, practical, and refreshingly free of psychobabble. --Kirkus Review

Reviews of this book: Engagingly written and richly rewarding, this title presents what Boss has learned from many years of treating individuals and families suffering from uncertain or incomplete loss...The obvious depth of the author's understanding of sufferers of ambiguous loss and the facility with which she communicates that understanding make this a book to be recommended. --R. R. Cornellius, Choice

Reviews of this book: Written for a wide readership, the concepts of ambiguous loss take immediate form through the many provocative examples and stories Boss includes, All readers will find stories with which they will relate...Sensitive, grounded and practical, this book should, in my estimation, be required reading for family practitioners. --Ted Bowman, Family Forum

Reviews of this book: Dr. Boss describes [the] all-too-common phenomenon [of unresolved grief] as resulting from either of two circumstances: when the lost person is still physically present but emotionally absent or when the lost person is physically absent but still emotionally present. In addition to senility, physical presence but psychological absence may result, for example, when a person is suffering from a serious mental disorder like schizophrenia or depression or debilitating neurological damage from an accident or severe stroke, when a person abuses drugs or alcohol, when a child is autistic or when a spouse is a workaholic who is not really 'there' even when he or she is at home...Cases of physical absence with continuing psychological presence typically occur when a soldier is missing in action, when a child disappears and is not found, when a former lover or spouse is still very much

missed, when a child 'loses' a parent to divorce or when people are separated from their loved ones by immigration...Professionals familiar with Dr. Boss's work emphasised that people suffering from ambiguous loss were not mentally ill, but were just stuck and needed help getting past the barrier or unresolved grief so that they could get on with their lives. --Asian Age Combining her talents as a compassionate family therapist and a creative researcher, Pauline Boss eloquently shows the many and complex ways that people can cope with the inevitable losses in contemporary family life. A wise book, and certain to become a classic. --Constance R. Ahrons, author of *The Good Divorce* A powerful and healing book. Families experiencing ambiguous loss will find strategies for seeing what aspects of their loved ones remain, and for understanding and grieving what they have lost. Pauline Boss offers us both insight and clarity. --Kathy Weingarten, Ph.D, The Family Institute of Cambridge, Harvard Medical School

My Living Will John Trautwein, 2014-12-11 *My Living Will* is the story of former major league pitcher John Trautwein, and the unbelievable tragedy which befell him and his family when his fifteen-year-old son, Will, took his own life. There had been no warnings, no obvious signs of anxiety, depression, or unhappiness; nothing. A family and a community were left stunned as they pondered how a young man like Will Trautwein, a healthy, happy, popular, athletic, and musical teenager, who came from such a loving home, could lose the will to live. "John Trautwein writes straight from the heart. And his words will save lives. The story Trautwein shares in these pages--a remarkable journey of passion and purpose--will literally save lives." • Jeffrey Marx, Pulitzer Prize winner and author of *Season of Life* "John Trautwein's story inspires hope. It empowers people, and it gives its readers the 'hope for life.' The triumph that this story imparts arouses the goodness in everyone as it drives people toward action." • Joe Girardi, Manager, The New York Yankees "In my twenty-two years of broadcasting, I have told many stories of triumph over tragedy, but the story of Will Trautwein and his family has stayed with me. The loss of such a vibrant young man and the strength of his family to use their heartache to help has had an impact on how I parent my daughter, and how I report stories of teenage depression and suicide. This is a must-read if you have a teenager in your life." • Stephany Fisher, Anchor, CBS News, Atlanta "Ever wonder if a young person in your own home might be at risk? Read this book. In "My Living Will," John Trautwein takes the emotions of loss and turns them into a message of awareness and hope. A must read for parents and teenagers alike!" • Dan Shaughnessy, The Boston Globe

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Silent Grief Living In The Wake Of Suicide Revised Edition Introduction

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