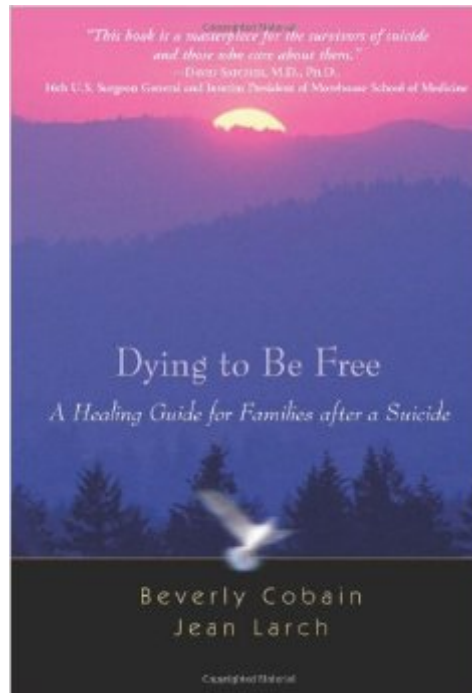


The book was found

# 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

Paperback: 144 pages

Publisher: Hazelden; 1 edition (December 20, 2005)

Language: English

ISBN-10: 1592853293

ISBN-13: 978-1592853298

Product Dimensions: 0.5 x 5 x 7 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (118 customer reviews)

Best Sellers Rank: #88,172 in Books (See Top 100 in Books) #35 in [Books > Self-Help > Death & Grief > Suicide](#) #182 in [Books > Self-Help > Death & Grief > Grief & Bereavement](#) #193 in [Books > Self-Help > Relationships > Love & Loss](#)

## 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.

[Download to continue reading...](#)

Dying to Be Free: A Healing Guide for Families After a Suicide The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free DYING TO REALLY LIVE: Finally, an After Death Survivor returns from deeply into life after death (NDEs - Life After Death? Series Book 1) On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy and Their Own Families WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) A Chosen Death: The Dying Confront Assisted Suicide Final Exit: The Practicalities of Self-Deliverance and Assisted Suicide for the Dying, 3rd Edition On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy, and Their Own Family Male Midlife Crisis: Why It Causes Men To Destroy Their Families, Finances and Even Commit Suicide, and What You Should Do Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) How to Get Free Stuff: The Ultimate Guide to

Getting Things for Free (freecycle, freebees, free things, free samples, freebie, freestuff)

[Dmca](#)