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Suicide Survivors: A Guide For Those Left Behind



Synopsis

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Customer Reviews

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Not many people are attuned to suicide. If it happens to a celebrity it makes the 24 hour news cycle, then it's gone. But suicides are on the rise in America. The more pressing problem is what happens to family and friends after a loved one completes suicide... The survivor's guilt is shown in many stories, all different..yet...all alike. Grieving is difficult as people will blame YOU and YOU blame yourself. What could I have done differently? To just say "Probably nothing" does not assuage the terrible hurt. "Was I that awful to live with that he left me this way?" "Why didn't I see this?" Since suicide is RARELY if ever mentioned in an obituary, people always ask..How did he die? So survivors lie. Heart attack, cancer. Because those are OK ways to die... People understand...and commiserate. But suicide? You are looked at strangely..so you don't say it. But you want to talk about it..with someone..anyone!! Even being a member of certain churches, they won't allow anyone

who dies by suicide to have a funeral mass or be buried in "sacred ground." (a churchyard) This book helps to answer the million nagging questions after a suicide. No the exquisite pain will never go away. You will always hurt and doubt yourself, but it helps decrease the horror to find out that others felt as you do. Whether anyone completes suicide close to you OR you find out this happened to someone else...get this book for the survivor. It will help with peace of mind. In a country where we seem to discuss everything...suicide remains hidden.

Of the many books I have read on suicide, it was very real and informative plus it brought comfort. That is why I sent it to a friend in need of some healing.

excellent!

Once again, I've just learned that suicide has touched another family. They are going through shock and the myriad painful emotions a survivor must go through. As a suicide survivor myself, I am remembering with clarity an author who helped me and others through that difficult time. I found Adina Wroblewski's books in the library as well as at .com. Wroblewski is no stranger to the subject of suicide, having lost her own daughter, who was in her early 20's. Her books were among the first I read, and so helpful that I encouraged other family members to read them. They, too, found some answers to their questions and some reassurance. Another reviewer mentions how easy they are to read, at a time when raw emotions cause some cognitive impairment. The books are tightly written -- not a lot of fluff or extraneous material. I went on to read a number of other books on suicide; but I found none as helpful as Wroblewski's! She may have written her books, in part, to ameliorate her own pain, and to turn a painful, negative experience into a work that could help others, i.e., something positive.

On Dec 1,...I came home from work to find my husband had hanged himself...Everything in my world came to a screeching halt, and I was numb. As there is no "Death For Dummies" book, I spent hours in bookstores trying to find information on surviving a suicide. I was desperate to find something that would help me process the myriad feelings I had, and this book was the best I read. I learned through this book that all the hurt, betrayal, anger, and profound sadness were normal, and that I wasn't insane to feel all of them 1000 times a day. Additionally, since grief can impair your cognitive functions, this book was very easy to read. For any person who has lost anyone to suicide, this book should be the first they reach for.

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