

## **Download Ebook The Suicidal Mind Edwin S Shneidman Read Pdf Free**

***The Suicidal Mind Autopsy of a Suicidal Mind Madder Red Suicide as Psychache Definition of Suicide The Psychology of Suicide Suicidal The Psychological Autopsy Rethinking Suicide Brief Cognitive-Behavioral Therapy for Suicide Prevention Fear Gone Wild The Enigma of Suicide History of a Suicide THEORIES OF SUICIDE Voices of Death Death Subliminal Therapy Suicide Prevention Psychotherapy with Suicidal People How Not to Kill Yourself Can't Hurt Me Phenomenology of Suicide Night Falls Fast Managing Suicidal Risk The Neuroscience of Suicidal Behavior Suicide Overcoming Suicidal Thoughts for Teens Essential Papers on Suicide Suicidal Thoughts Building a Therapeutic Alliance with the Suicidal Patient Myths about Suicide Reducing Suicide Den of Thieves Suicide Thoughts and Reflections, 1960-1980 Helping the Suicidal Person Deaths of Man THE "I" OF THE STORM Prison Suicide Cognitive Therapy for Suicidal Patients A Commonsense Book of Death***

***Subliminal Therapy Feb 18 2023 Subliminal Therapy is a technique that utilizes hypnotic phenomena for therapeutic purpose without requiring a formal trance induction. The protocol is effective as a sole intervention or as an adjunct to other forms of treatment. In this volume, the reader is introduced to the concepts and applications of Subliminal Therapy and taught its protocol as well This includes establishing identifiable communication with the unconscious domain, uncovering influences that are causing current problems, and resolving those influences. The logically applied protocol of Subliminal Therapy engages unconscious process to uncover the causes of presenting problems, whether manifesting physically, emotionally, intellectually or behaviorally, and then to resolve that influence through re-framing and re-conditioning. The causes of psychogenic problems are usually not consciously recognized; only the resultant symptom - the disability - is apparent. Subliminal Therapy provides a practical, efficient and logical way to identify the cause, as well as a practical, efficient and logical way to resolve its influence. Although Subliminal Therapy may be new concept for professionals, it has been evolving over the past thirty years into a most efficient protocol. The technique has proved especially effective in the treatment of anxiety and the effects of early abuse such as sexual dysfunction, unresolved anger and psychogenic medical problems.***

***The Suicidal Mind Jul 06 2024 Dr. Shneidman has written a groundbreaking work for every person who has ever thought about suicide or knows anybody who has contemplated it; the book brims with insight into the suicidal impulse and with helpful suggestions on how to counteract it.***

***Suicide as Psychache Apr 03 2024 A collection of previously published articles discussing the definition of suicide, analyses of its occurrence, and possible therapeutic responses.***

***Can't Hurt Me Oct 17 2022 New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare -- poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him "The Fittest (Real) Man in America." In Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.***

**Helping the Suicidal Person Aug 03 2021** *Helping the Suicidal Person* provides a highly practical toolbox for mental health professionals. The book first covers the need for professionals to examine their own personal experiences and fears around suicide, moves into essential areas of risk assessment, safety planning, and treatment planning, and then provides a rich assortment of tips for reducing the person's suicidal danger and rebuilding the wish to live. The techniques described in the book can be interspersed into any type of therapy, no matter what the professional's theoretical orientation is and no matter whether it's the client's first, tenth, or one-hundredth session. Clinicians don't need to read this book in any particular order, or even read all of it. Open the book to any page, and find a useful tip or technique that can be applied immediately.

**Suicide Thoughts and Reflections, 1960-1980 Sep 03 2021**

**Suicidal Dec 31 2023** For much of his thirties, Jesse Bering thought he was probably going to kill himself. He was a successful psychologist and writer, with books to his name and bylines in major magazines. But none of that mattered. The impulse to take his own life remained. At times it felt all but inescapable. Bering survived. And in addition to relief, the fading of his suicidal thoughts brought curiosity. Where had they come from? Would they return? Is the suicidal impulse found in other animals? Or is our vulnerability to suicide a uniquely human evolutionary development? In *Suicidal*, Bering answers all these questions and more, taking us through the science and psychology of suicide, revealing its cognitive secrets and the subtle tricks our minds play on us when we're easy emotional prey. Scientific studies, personal stories, and remarkable cross-species comparisons come together to help readers critically analyze their own doomsday thoughts while gaining broad insight into a problem that, tragically, will most likely touch all of us at some point in our lives. But while the subject is certainly a heavy one, Bering's touch is light. Having been through this himself, he knows that sometimes the most effective response to our darkest moments is a gentle humor, one that, while not denying the seriousness of suffering, at the same time acknowledges our complicated, flawed, and yet precious existence. Authoritative, accessible, personal, profound—there's never been a book on suicide like this. It will help you understand yourself and your loved ones, and it will change the way you think about this most vexing of human problems.

**Voices of Death Apr 22 2023** Personal documents written and recorded by people undergoing the crisis of approaching death. Each document is accompanied by a commentary explaining the circumstances and biography of the correspondent involved

**Rethinking Suicide Oct 29 2023** "When I joined the Air Force in 2005, hostilities in Iraq were escalating, resulting in more frequent and longer deployments for just about everyone serving in the military, including psychologists. Soon thereafter, the suicide rate among military personnel also started to rise, especially in the Army and Marine Corps. During the first few years of that upward trend, the general sense was that the military was just having a few "bad years." In 2008, however, the age- and gender-adjusted Army and Marine suicide rates surpassed the U.S. general population rate. By the time I deployed to Iraq in February 2009, the military suicide rate had been rising steadily for three consecutive years; the initial assumption that we were simply experiencing a few bad years had dissolved, and an uncomfortable recognition that we had a clear problem on our hands had taken hold"--

**THE "I" OF THE STORM May 31 2021** We cannot explain why people kill themselves. There are no necessary or sufficient causes for suicide, so rather than explaining suicide (looking for causes), perhaps we can understand suicide, at least in one individual, a phenomenological approach. This book begins by examining the diaries from eight individuals who killed themselves. Using qualitative analyses, supplemented in some cases by quantitative analyses, Lester seeks to uncover the unique thoughts and feelings that led these individuals to take their own lives. Lester has also studied suicide notes, the poems of those who died by suicide (both famous poets and unpublished poets), the letters written by suicides, blogs and twitter feeds, and one

**tape recording of a young man who killed himself just an hour or so after he recorded the tape. This book will give you insights into the "I" of the storm, the suicidal mind. David Lester has PhD's from Cambridge University (UK) and Brandeis University (USA). He is a former President of the International Association for Suicide Prevention and a leading scholar on suicide, murder, the fear of death and other topics and thanatology.**

**Prison Suicide Apr 30 2021 Until recently, it has been assumed that suicide, although a problem for jail inmates as they face the initial crisis of incarceration, is not a significant problem for inmates who advance to prison to serve out their sentences. This monograph was produced to fill a critical void in the knowledge base about prison suicide. In addition to a through review of the literature and of national and state standards for prevention, it offers the most recent national data on the incidence and rate of prison suicide, effective prevention programs, and discussion of liability issues. References, appendices and tables.**

**Madder Red May 04 2024 Madder red is an ancient dyestuff, extracted from the root of the madder plant, growing in many countries around the world. The secret and devilishly complex Oriental dyeing process to obtain the lustrous colour known as Turkey Red was avidly sought by Europeans, from the time before the fall of Ancient Rome. It was finally cracked by the French about 1760, who were able to dye wool, silk and cotton bright red. After the lowlands of the Caspian Caucasus had been subdued by the Russians in the early 1800s, madder was cultivated there and rapidly became the main crop. The quest for Turkey Red went hand in hand with an avalanche of scientific research, which not only improved the yield of dyestuff from the roots but led to its chemical synthesis and in 1870 the collapse of the world-wide madder industry. Many of the nascent dye companies grew into chemical giants of our time. Further regional and cultural background may be found in Chenciner's Daghestan: Tradition and Survival, also published in the Caucasus World series.**

**Cognitive Therapy for Suicidal Patients Mar 29 2021 "Cognitive Therapy for Suicidal Patients: Scientific and Clinical Applications crystallizes more than 3 decades of basic, clinical, and therapeutic research, providing a comprehensive review of the psychological factors associated with suicidal behavior. The authors describe their cognitive model of suicide, the instruments they developed to classify and assess suicidal behavior, and effective cognitive intervention techniques for suicidal individuals. The book includes a step-by-step protocol for cognitive therapy that is vividly illustrated in an extended case study. Individual chapters are dedicated to applying the protocol with special populations and overcoming challenges when working with suicidal patients."--pub. desc.**

**Deaths of Man Jul 02 2021 To find more information about Rowman and Littlefield titles, please visit [www.rowmanlittlefield.com](http://www.rowmanlittlefield.com).**

**Reducing Suicide Nov 05 2021 Every year, about 30,000 people die by suicide in the U.S., and some 650,000 receive emergency treatment after a suicide attempt. Often, those most at risk are the least able to access professional help. Reducing Suicide provides a blueprint for addressing this tragic and costly problem: how we can build an appropriate infrastructure, conduct needed research, and improve our ability to recognize suicide risk and effectively intervene. Rich in data, the book also strikes an intensely personal chord, featuring compelling quotes about people's experience with suicide. The book explores the factors that raise a person's risk of suicide: psychological and biological factors including substance abuse, the link between childhood trauma and later suicide, and the impact of family life, economic status, religion, and other social and cultural conditions. The authors review the effectiveness of existing interventions, including mental health practitioners' ability to assess suicide risk among patients. They present lessons learned from the Air Force suicide prevention program and other prevention initiatives. And they identify barriers to effective research and treatment. This new volume will be of special interest to policy makers, administrators, researchers, practitioners, and journalists working in the field of mental health.**

**Myths about Suicide Dec 07 2021 Around the world, more than a million people die by**

suicide each year. Yet many of us know very little about a tragedy that may strike our own loved ones—and much of what we think we know is wrong. This clear and powerful book dismantles myth after myth to bring compassionate and accurate understanding of a massive international killer. Drawing on a fascinating array of clinical cases, media reports, literary works, and scientific studies, Thomas Joiner demolishes both moralistic and psychotherapeutic clichés. He shows that suicide is not easy, cowardly, vengeful, or selfish. It is not a manifestation of "suppressed rage" or a side effect of medication. Threats of suicide, far from being idle, are often followed by serious attempts. People who are prevented once from killing themselves will not necessarily try again. The risk for suicide, Joiner argues, is partly genetic and is influenced by often agonizing mental disorders. Vulnerability to suicide may be anticipated and treated. Most important, suicide can be prevented. An eminent expert whose own father's death by suicide changed his life, Joiner is relentless in his pursuit of the truth about suicide and deeply sympathetic to such tragic waste of life and the pain it causes those left behind.

**Managing Suicidal Risk Jul 14 2022** This book has been replaced by **Managing Suicidal Risk, Third Edition, ISBN 978-1-4625-5269-6.**

**The Psychology of Suicide Feb 01 2024** This revised edition is designed for mental health practitioners, all of whom must at one time or another deal with a crisis of suicide. It argues that in practically every case, suicide need not occur. unnecessary.

**Essential Papers on Suicide Mar 10 2022** In the context of a plateau in the development of new methodologies for using nuclear magnetic resonance to investigate the structure of macromolecules, 21 lectures and ensuing discussions, and three panel discussions evaluate the status of the field and the directions it might take. The keynote address discusses the possibilities and limitations of NMR studies of the intramolecular dynamics of biomolecules. Among the other topics are proteins involved in cell adhesion processes, incorporating motional properties into the interpretation of three-dimensional solution structures, the accurate measurement of internuclear distances by suppressing spin diffusion, and flexible molecules. Abstracts are also provided for about 70 poster papers. Annotation copyright by Book News, Inc., Portland, OR

**Building a Therapeutic Alliance with the Suicidal Patient Jan 08 2022** The quality of the therapeutic alliance is a well-established factor for successful therapy. With suicidal patients, a strong therapeutic alliance can quite literally save a person's life. In this book, an elite group of clinicians and researchers explore what has become known as the Aeschi approach to clinical suicide prevention. According to this view, mental health professionals must recognize a fundamental conflict at the heart of good clinical practice: While they are experts in the assessment and treatment of mental health disorders, when it comes to the patient's suicidal story, the patient is the expert. Successful interventions with suicidal patients must therefore be empathic and honor the very personal perspective of the patient. This exceptional volume addresses a wide range of issues, from the principles and methods of establishing a working alliance to patient-oriented therapies for suicidality. Moreover, the text discusses practical clinical matters related to specific treatments across theoretical orientations and modalities. Above all, this book provides essential guidance for any clinician seeking a sensible and compelling approach to working effectively with suicidal patients. Konrad Michel, MD, MRCPsych, is a senior psychiatrist and psychotherapist at the outpatient department of the University Psychiatric Hospital in Bern, Switzerland, and is also in private clinical practice. Dr. Michel has been a collaborator on the World Health Organization's European Multicenter Study on Suicidal Behavior. He has conducted several clinical research projects focusing on the role of general practitioners in suicide prevention and on various aspects of the patient-clinician clinical relationship. Together with Ladislav Valach, PhD, Dr. Michel has developed a model of understanding suicidal behavior based on the theory of goal-directed action and narrative interviewing. He is also the initiator of the Aeschi Working Group, a group of clinicians and researchers who are dedicated to improving clinical suicide prevention by developing and promoting patient-oriented models of understanding suicidal behavior. David A. Jobes, PhD, ABPP, is a professor of

**psychology and associate director of clinical training at The Catholic University of America. His research and writing have led to numerous publications in suicidology, with a particular focus on clinical suicidology. Dr. Jobes is a past president of the American Association of Suicidology and is the recipient of that organization's 1995 Edwin Shneidman Award in recognition of early career contribution to suicide research. He has served as a consultant to the Centers for Disease Control and Prevention, the National Institute of Mental Health, the Institute of Medicine of the National Academy of Sciences, the Department of Defense, and the Department of Veterans Affairs. Dr. Jobes is a board-certified clinical psychologist (American Board of Professional Psychology) who maintains a private clinical and forensic practice at the Washington Psychological Center, Washington, DC.**

***Night Falls Fast* Aug 15 2022 Critical reading for parents, educators, and anyone wanting to understand the tragic epidemic of suicide—"a powerful book [that] will change people's lives—and, doubtless, save a few" (Newsday). The first major book in a quarter century on suicide—and its terrible pull on the young in particular—*Night Falls Fast* is tragically timely: suicide has become one of the most common killers of Americans between the ages of fifteen and forty-five. From the author of the best-selling memoir, *An Unquiet Mind*—and an internationally acknowledged authority on depression—Dr. Jamison has also known suicide firsthand: after years of struggling with manic-depression, she tried at age twenty-eight to kill herself. Weaving together a historical and scientific exploration of the subject with personal essays on individual suicides, she brings not only her remarkable compassion and literary skill but also all of her knowledge and research to bear on this devastating problem. This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk, and to comprehend the profound effects on those left behind.**

***The Enigma of Suicide* Jul 26 2023 For anyone trying to understand how and why suicide happens, here is a provocative exploration of the subject. Colt interviewed hundreds of people who have had intimate encounters with suicide to unveil the mysteries that surround this tragic phenomenon.**

***Den of Thieves* Oct 05 2021 A #1 bestseller from coast to coast, *Den of Thieves* tells the full story of the insider-trading scandal that nearly destroyed Wall Street, the men who pulled it off, and the chase that finally brought them to justice. Pulitzer Prize-winner James B. Stewart shows for the first time how four of the eighties' biggest names on Wall Street—Michael Milken, Ivan Boesky, Martin Siegel, and Dennis Levine—created the greatest insider-trading ring in financial history and almost walked away with billions, until a team of downtrodden detectives triumphed over some of America's most expensive lawyers to bring this powerful quartet to justice. Based on secret grand jury transcripts, interviews, and actual trading records, and containing explosive new revelations about Michael Milken and Ivan Boesky, *Den of Thieves* weaves all the facts into an unforgettable narrative—a portrait of human nature, big business, and crime of unparalleled proportions.**

***Psychotherapy with Suicidal People* Dec 19 2022 Almost a million people die by suicide every year (WHO estimate) The sheer numbers have made suicide prevention a major health target, but effective prevention is not straightforward. Suicide is a complex event, more complex than most of us imagine, calling for an equally complex response. *Psychotherapy with Suicidal People* provides a multi-component approach, with rich clinical data including many case histories, to guide the reader. Based on decades of research from across the globe, Antoon A. Leenaars takes the reader into the mind of the suicidal person, from the young to the elderly, from the anonymous to the famous. There is no better way to know, and thus to treat, a person. A plethora of special features makes this volume an international classic and includes: Reflections of many suicidologists such as Heraclitus, Plato, Sigmund Freud, Emile Durkheim and Edwin Shneidman. A unique window on the clinical mind of the author. Empirically supported definition, with applications across age, gender, historical time, as well as culture. The report of the International Working Group on Ethical and Legal Issues in Suicidology.**

**Psychotherapy with Suicidal People: A Person-centred Approach is essential reading for clinical psychologists, psychiatrists and their trainees, and all clinicians who work with suicidal people.**

**Brief Cognitive-Behavioral Therapy for Suicide Prevention Sep 27 2023 An innovative treatment approach with a strong empirical evidence base, brief cognitive-behavioral therapy for suicide prevention (BCBT) is presented in step-by-step detail in this authoritative manual. Leading treatment developers show how to establish a strong collaborative relationship with a suicidal patient, assess risk, and immediately work to establish safety. Proven interventions are described for building emotion regulation and crisis management skills and dismantling the patient's suicidal belief system. The book includes case examples, sample dialogues, and 17 reproducible handouts, forms, scripts, and other clinical tools. The large-size format facilitates photocopying; purchasers also get access to a webpage where they can download and print the reproducible materials.**

**Overcoming Suicidal Thoughts for Teens Apr 10 2022 If you or someone you love is dealing with a crisis right now, please call 1-800-273-8255 to reach the National Suicide Prevention Lifeline. This gentle and effective guide can help you find support and hope. If you're a teen who is having thoughts of suicide, the first thing to know is that you are not alone. Many teens experience suicidal thoughts, and there is help for you. Don't give up: change is possible, and it's worth it—you are worth it. Written by two mental health experts, *Overcoming Suicidal Thoughts for Teens* is here to help you reduce emotional pain, increase hope, and build meaningful connections in your life. Grounded in evidence-based cognitive behavioral therapy (CBT), and filled with proven-effective activities and skills, this guide will help you: Identify your triggers and the type of support you need Create a safety plan for when things feel hopeless Manage intense feelings, thoughts, and stress Build and strengthen relationships Boost positive feelings Make healthy lifestyle changes and set goals Although it may be hard to imagine now, the strategies in this book can help you overcome suicidal thoughts, find meaning and purpose, and move forward into a more hopeful future. A change for the better is on the way.**

**Suicide Prevention Jan 20 2023 A practical and easy-to-use guide for healthcare professionals on the prevention, assessment and treatment of people at risk of suicide.**

**Fear Gone Wild Aug 27 2023 A pastor's wife's shattering yet ultimately hopeful story of her husband's death by suicide, her journey to understand mental illness, and the light she found in the darkness. On August 25, 2018, Kayla Stoecklein lost her husband, Andrew--megachurch pastor of Inland Hills Church in Chino, California--to suicide. In the wake of the tragedy, she embarked on a brave journey to better understand his harrowing battle with mental illness and, ultimately, to overcome the stigma of suicide. *Fear Gone Wild* is her intimate account of all that led to that tragic day, including her husband's panic attacks and debilitating bouts of anxiety and depression. Despite their deep faith in God and the countless prayers of many believers, Andrew was never healed of his illness. Turning to Scripture for answers, she discovered that God uses wilderness experiences to prepare His children--including Jesus--for his greater purpose and to work miracles inside our souls. With a clear-eyed acknowledgment of how misguided and misinformed she was about mental illness, Kayla Stoecklein shares her story in hopes that anyone walking through the wilderness of mental illness will be better equipped for the journey and will learn to put their hope in Jesus through it all.**

**A Commonsense Book of Death Feb 26 2021 A distinguished lifelong thanatologist--expert on death--reviews his life, a previous prize-winning book of thirty five years ago, and his own impending death in this extraordinary volume of life's most ubiquitous event.**

**Suicidal Thoughts Feb 06 2022 *Suicidal Thoughts* is a compilation of some of the most moving and insightful writing accomplished on the topic of suicide. It presents the thoughts and experiences of fifteen writers who have contemplated suicide--some on a professional level, others on a personal level, and a few, both personally and professionally. Through this collection, the reader is able to bear witness to the struggle**

**between life and death and to the devastating aftermath of suicide. *Suicidal Thoughts* provides readers with a better understanding of the reasons why some individuals give serious consideration to killing themselves.**

**Definition of Suicide Mar 02 2024 Shneidman presents basic ideas of the common characteristics of suicide. He offers a fresh definition of the phenomenon, which includes direct implications for preventive action.**

**The Psychological Autopsy Nov 29 2023 The best way to grasp the essence of death scene investigation (DSI) is to witness its application, called the psychological autopsy, by an expert forensic scientist/clinician. This remarkable book affords the opportunity to delve into the challenges that the forensic mental health specialist and public safety professional confront in DSI. Suicides, and often death, are complex, multidetermined events. People, whether police investigators or mental health professionals, are generally perplexed, and even confused, when they are confronted by the equivocal case. Was it a suicide? Homicide? Accident? These are critical questions. Dr. Leenaars shows that DSI is, however, not mysterious; the reader can learn the generally accepted, evidence-based protocols of the psychological autopsy. Illuminated by individual (idiographic) case studies and general (nomothetic) research, this definitive guide allows the investigator to uncover the bare bones of a suicide or death.**

**THEORIES OF SUICIDE May 24 2023 Some researchers in the field of suicidology think that the old theories of suicide are too constraining and impede advances in the understanding of suicide. However the book's authors are not quite so critical of past theories. In the book they review the classic theories of suicide, both psychological and sociological, because they are the foundation of our current theories and also propose the skeletons of possible future theories. The goal of the text is to present researchers with theories to guide their research, encourage them to modify these theories, perhaps meld them together in some cases, and think how they might propose new theories. Presented in three sections, the first reviews significant psychological theories including: Suicide as Escape; Interpersonal-Psychological theory; The Role of Defeat and Entrapment in Suicidal Behavior; Suicide, Ethology and Sociobiology; Stress-Diatheses; Cognitive Theories; Learning Perspective on Suicide; Theories of Personality and Suicide; Typological Theories; and the Pathophysiology of Suicide. The second section of the text addresses Sociological and Economic Theories including: Suicide as Deviance, Naroll's Thwarting Disorientation Theory, three classic sociological theories as well as several minor theories. A comprehensive chapter on economic theories is offered by Bijou Yang. The final section concentrates on Critical Thoughts About Theories of Suicide, a new and growing influence in academia and scholarship.**

**Death Mar 22 2023 One of the most impressive facts about death today is how much and in how many different ways various aspects of death and dying are undergoing dramatic changes. Edwin Shneidman has compiled this volume to give the reader a broad-ranging view of current trends in thanatology. The result is a remarkable compendium of pertinent insights upon which to build an understanding of death in our time - death as it relates to our comprehension of ourselves and our fellow beings. Edwin S. Shneidman, Ph. D., was Professor of Thanatology (the study of death and its surrounding circumstances, as in forensic medicine) and Director of the Laboratory for the Study of Life-Threatening Behavior at the University of California at Los Angeles.**

**How Not to Kill Yourself Nov 17 2022 A highly imaginative and relatable guide for anyone who needs the reassurance that suicide is NEVER worth it. Are you inclined to escape the crumminess of everyday life into fantasy worlds? Are you smart and imaginative in a way that isn't really suited to your surroundings? Are you definitely misunderstood, likely angry, and almost certainly depressed? Set Sytes, hailing from the UK, would prefer you stay alive and sort things out rather than the alternative, thanks. He figures there are better opportunities for you out there and lays it all out in a way that's compelling, funny, sharp, and useful. This zine turned book (please don't call it a self-help guide, asks the author) is ultimately about how to be a person in the world. It can be done non-miserably, we promise.**

**Phenomenology of Suicide Sep 15 2022** This book will help the reader to understand the suicidal mind from a phenomenological point of view, shedding light on the feelings of suicidal individuals and also those of clinicians. In accordance with the importance that the phenomenological approach attaches to subjectivity and sense of self as the starting points for knowledge, emphasis is placed on the need for the clinician to focus on the subjective experiences of the at-risk individual, to set aside prior assumptions, judgments, or interpretations, and to identify ways of bridging gaps in communication associated with negative emotions. The vital importance of empathy is stressed, drawing attention to the insights offered by neuroimaging studies and the role of mirror neurons in social cognition. It is widely acknowledged that when a clinician meets a person who wants to die by suicide, the clinician does not fully understand what is going on inside the mind of that individual. This book recognizes that any approach to suicide prevention must promote understanding of suicidal thoughts and feelings. The awareness that it fosters and the innovative perspectives that it presents will appeal to a wide readership.

**History of a Suicide Jun 24 2023** "It is so nice to be happy. It always gives me a good feeling to see other people happy. . . . It is so easy to achieve." —Kim's journal entry, May 3, 1988 On the night of April 15, 1990, Jill Bialosky's twenty-one-year-old sister Kim came home from a bar in downtown Cleveland. She argued with her boyfriend on the phone. Then she took her mother's car keys, went into the garage, closed the garage door. She climbed into the car, turned on the ignition, and fell asleep. Her body was found the next morning by the neighborhood boy her mother hired to cut the grass. Those are the simple facts, but the act of suicide is anything but simple. For twenty years, Bialosky has lived with the grief, guilt, questions, and confusion unleashed by Kim's suicide. Now, in a remarkable work of literary nonfiction, she re-creates with unsparing honesty her sister's inner life, the events and emotions that led her to take her life on this particular night. In doing so, she opens a window on the nature of suicide itself, our own reactions and responses to it—especially the impact a suicide has on those who remain behind. Combining Kim's diaries with family history and memoir, drawing on the works of doctors and psychologists as well as writers from Melville and Dickinson to Sylvia Plath and Wallace Stevens, Bialosky gives us a stunning exploration of human fragility and strength. She juxtaposes the story of Kim's death with the challenges of becoming a mother and her own exuberant experience of raising a son. This is a book that explores all aspects of our familial relationships—between mothers and sons, fathers and daughters—but particularly the tender and enduring bonds between sisters. *History of a Suicide* brings a crucial and all too rarely discussed subject out of the shadows, and in doing so gives readers the courage to face their own losses, no matter what those may be. This searing and compassionate work reminds us of the preciousness of life and of the ways in which those we love are inextricably bound to us.

**Autopsy of a Suicidal Mind Jun 05 2024** Shneidman (U. of California at Los Angeles) examines the case of an individual suicide, bringing together interviews with his family and friends, involved professionals, and "consultations" with other psychiatrists specializing in suicide in order to conduct a post-mortem "autopsy" of the psychological state that led to the young man's death

**Suicide May 12 2022** Suicide is an ageless concern that has been with us as long as man has existed. Forbidden by all religions, suicide has nonetheless become such a practical problem that it is now an everyday concern, resulting in more annual deaths than homicide. Suicide must be seen as a societal and personal problem—it is a complex act with no simple explanation. The motivation is multifaceted, often not understood by the family or by other survivors. *Suicide: Theory, Practice and Investigation* is the only text available in paperback form that offers an accessible overview of suicide in the United States. Written by Ronald M. Holmes and Stephen T. Holmes, two of the foremost authors of murder and violent crime books in the world, this book examines the social problem and criminal justice concerns of suicide from unique perspectives. The authors discuss the various forms of suicide and analyze the latest data on regional differences



**and how gender, marital status, occupation, health, drug use, and religion all influence the practice of suicide. Key Features: Analyzes suicide letters to provide students with unique perspectives not found in other books Covers investigative techniques that will be of interest to professionals and students alike Includes carefully selected photos to explicate the material covered Categorizes suicide into different types including anomic, egoistic, altruistic, and fatalistic to distinguish the various reasons for which people have taken their own lives Integrates notes within the chapters to show the state of mind for those who commit suicide Explores learnings from suicidal behavior to help readers recognize how better to prevent the practice Suicide is designed for undergraduate and graduate courses in departments of Criminology, Criminal Justice, Psychology, and Forensic Science. In addition, it can also be used for a variety of other courses, including Psychopathology, Sociology of Deviance, Abnormal Psychology, and Violent Crimes. This book will also be of interest to anyone looking for a clear understanding of the extent of suicide in the United States.**

**The Neuroscience of Suicidal Behavior Jun 12 2022 Contrary to common belief, suicide is preventable and insights from neuroscientific research show how.**

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