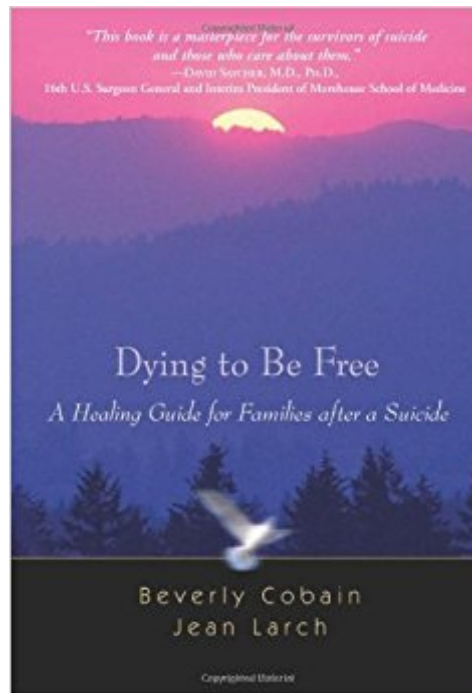


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# Dying To Be Free: A Healing Guide For Families After A Suicide



## Synopsis

Honest, gentle advice for those who have survived an unspeakable lossâ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.

## Book Information

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## Customer Reviews

Beverly Cobain is a survivor of three family suicides, including the 1994 death of her cousin Kurt Cobain, the lead singer of the band Nirvana. She is a registered nurse with certification in psychiatric/mental health nursing. Kurt's death led her to write the acclaimed book *When Nothing Matters Anymore: A Survival Guide for Depressed Teens*.

This book is short and a quick read, which is great. It also does not go into great detail on violent deaths. I think that can be powerful in certain instances, but I appreciated that this book did not do that. The description of "A Jar of Stones" as how suicidal people feel was incredible. That was one of the best descriptions I've read on helping me to understand what my brother was going through before ending his life. Highly recommend this book to anybody suffering the loss of a loved one to suicide.

After the death of our daughter we were left wondering WHY? This book put some of our questions into perspective while assuring us that we will never know the answers to many of them. That was

actually a comfort during this tragic time. It forgave us and let us stop asking the WHY's so often. It brought perspective to the terrible pain she must of been in and that she saw no other way out. It is very sad but our daughter suffered from a disease. The disease of depression and mental illness and she did not survive her disease. We should not villify these people, but we should talk about the subject of suicide. Leaving it in the darkness and harnessing it with guilt and criminal intent does nothing to help those who are still on this side of the veil. It just serves to lock them in. And it locks the survivors of suicide into their grief. Let it be opened and discussed so that all who are surviving and still living may heal.

I purchased this book because my brother committed suicide, there were a few helpful tidbits and it did a good job explaining how someone who is depressed feels. However, I felt a large part of the book was devoted to how to ID someone who is suicidal, warning signs, etc. which is somewhat useless after the person has passed. It was very short and quick read. Overall, I think you can get a better book on this subject than this was.

Ms Cobain and Ms Larch accurately grasp the impact of suicide and the complexity of this grief. My husband and I read this book and found it very helpful. There is a good balance of scientific information regarding suicide and personal, emotional experiences. We would recommend it to any family who has experienced this life changing, most painful event; especially those with recent losses.

This book is enlightening and a must read for survivors. I lost my husband to suicide and after reading this book I ordered it for every member of my family, his family, his best friend and long time client. I am reading it a second time. It gives you insight into the suicidal mind. I have read at least 7 or 8 books and keep looking for more, but this was my first and the best one to date! It is perfect balance of stories and studies. It helped me realize that I am justified in my grieving. There is a sense of relief when reading, just knowing that there are others that understand your pain. Please read this book if you are a survivor. The other book that I found helpful was "No Time to Say Goodbye".

Read this first if you want to understand how what seems a normal day can turn into suicide.

This book is a book of revelation and healing. If you have ever experienced a loved one that got to

the point of despair and did not want to live anymore.....and succeeded in making their wish come true, and you as the parent, sibling, or friend that feel guilt, anger, sadness, and madness....then this is the book for you. Regardless of what "man" says.....even Saul fell upon his own sword to prevent the enemy from having their way.....just know.....that they are in a better state and place than where they were. This book is an amazing way to soul search for understanding, guidance, and redemption.....through the healing of..."it's not your fault."

Although there is a tough section to read for a suicide survivor who loses their loved ones recently, this book provides great insights and gave practical tools to cope with pain. I found this book is very helpful for me who lost a daughter a year ago by suicide

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