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# History Of A Suicide My Sisters Unfinished Life Jill Bialosky

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### **Fear Gone Wild** HarperCollins

WINNER OF THE NATIONAL BOOK AWARD FOR FICTION ONE OF THE NEW YORK TIMES'S 100 BEST BOOKS OF THE 21ST CENTURY A NEW YORK TIMES BESTSELLER "A beautiful book . . . a world of insight into death, grief, art, and love." —Wall Street Journal "A penetrating, moving meditation on loss, comfort, memory . . . Nunez has a wry, withering wit." —NPR "Dry, allusive and charming . . . the comedy here writes itself." —The New York Times A moving story of love, friendship, grief, healing, and the magical bond between a woman and her dog. When a woman unexpectedly loses her lifelong best friend and mentor, she finds herself burdened with the unwanted dog he has left behind. Her own battle against grief is intensified by the mute suffering of the dog, a huge Great Dane traumatized by the inexplicable disappearance of its master, and by the threat of eviction: dogs are prohibited in her apartment building. While others worry that grief has made her a victim of magical thinking, the woman refuses to be separated from the dog except for brief periods of time. Isolated from the rest of the world, increasingly obsessed with the dog's care, determined to read its mind and fathom its heart, she comes dangerously close to unraveling. But while troubles abound, rich and surprising rewards lie in store for both of them. Elegiac and searching, *The Friend* is both a meditation on loss and a celebration of human-canine devotion.

*Goodbye: A Story of Suicide* Simon and Schuster

In the wake of a suicide, the most troubling questions are invariably the most difficult to answer: How could we have known? What could we have done? And always, unremittingly: Why? Written by a clinical psychologist whose own life has been touched by suicide, this book offers the clearest account ever given of why some people choose to die. Drawing on extensive clinical and epidemiological evidence, as well as personal experience, Thomas Joiner brings a comprehensive understanding to seemingly incomprehensible behavior. Among the many people who have considered, attempted, or died by suicide, he finds three factors that mark those most at risk of death: the feeling of being a burden on loved ones; the sense of isolation; and, chillingly, the learned ability to hurt oneself. Joiner tests his theory against diverse facts taken from clinical anecdotes, history, literature, popular culture, anthropology, epidemiology, genetics, and neurobiology--facts about suicide rates among men and women; white and African-American men; anorexics, athletes, prostitutes, and physicians; members of cults, sports fans, and citizens of nations in crisis. The result is the most coherent and persuasive explanation ever given of why and how people overcome life's strongest instinct, self-preservation. Joiner's is a work that makes sense of the bewildering array of statistics and stories surrounding suicidal behavior; at the same time, it offers insight, guidance, and essential information to clinicians, scientists, and health practitioners, and to anyone whose life has been affected by suicide.

*Farewell to the World* WildBlue Press

Minois concludes with comments on the most recent turn in this long and complex history--the emotional debate over euthanasia, assisted suicide, and the right to die.

### **Where Reasons End** Melville House

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.

*I'm Glad My Mom Died* HMH

What drives a person to take his or her own life? Why would an individual be willing to strap a bomb to himself and walk into a crowded marketplace, blowing himself up at the same time as he kills and maims the people around him? Does suicide or 'voluntary death' have the same meaning today as it had in earlier centuries, and does it have the same significance in China, India and the Middle East as it has in the West? How should we understand this distressing, often puzzling phenomenon and how can we explain its patterns and variations over time? In this wide-ranging comparative study, Barbagli examines suicide as a socio-cultural, religious and political phenomenon, exploring the reasons that underlie it and the meanings it has acquired in different cultures throughout the world. Drawing on a vast body of research carried out by historians, anthropologists, sociologists, political scientists and psychologists, Barbagli shows that a satisfactory theory of suicide cannot limit itself to considering the two causes that were highlighted by the great French sociologist Émile Durkheim – namely, social integration and regulation. Barbagli proposes a new account of suicide that links the motives for and significance attributed to individual actions with the people for whom and against whom individuals take their lives. This new study of suicide sheds fresh light on the cultural differences between East and West and greatly increases our understanding of an often-misunderstood act. It will be the definitive history of suicide for many years to come.

### **Stay** CreateSpace

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.

### **The Virgin Suicides** Thomas Nelson

Named a Best History Book of 2019 by The Times (UK) The astounding true story of how thousands of ordinary Germans, overcome by shame, guilt, and fear, killed themselves after the fall of the Third Reich and the end of World War II. By the end of April 1945 in Germany, the Third Reich had fallen and invasion was underway. As the Red Army advanced, horrifying stories spread about the depravity of its soldiers. For many German people, there seemed to be nothing left but disgrace and despair. For tens of thousands of them, the only option was to choose death -- for themselves and for their children. "Promise Me You'll Shoot Yourself" recounts this little-known mass event. Using diaries, letters, and memoirs, historian Florian Huber traces the euphoria of many ordinary Germans as Hitler restored national pride; their indifference as the Führer's political enemies, Jews, and other minorities began to suffer; and the descent into despair as the war took its terrible toll, especially

after the invasion of the Soviet Union. Above all, he investigates how suicide became a contagious epidemic as the country collapsed. Drawing on eyewitness accounts and other primary sources, "Promise Me You'll Shoot Yourself" presents a riveting portrait of a nation in crisis, and sheds light on a dramatic yet largely unknown episode of postwar Germany.

*I Love Jesus, But I Want to Die* CRC Press

This work is about the art of living mentally well. Told through the first-hand experience of mental health advocate, activist and speaker Kevin Hines (who has bipolar disorder), the story is an honest account of the struggle to live mentally well, and teach others how to do t...

**History of a Suicide** Vintage

The history of seppuku—Japanese ritual suicide by cutting the stomach, sometimes referred to as hara-kiri—spans a millennium, and came to be favored by samurai as an honorable form of death. Here, for the first time in English, is a book that charts the history of seppuku from ancient times to the twentieth century through a collection of swashbuckling tales from history and literature. Author Andrew Rankin takes us from the first recorded incident of seppuku, by the goddess Aomi in the eighth century, through the "golden age" of seppuku in the sixteenth century that includes the suicides of Shibata Katsue, Sen no Rikyū and Toyotomi Hidetsugu, up to the seppuku of General Nogi Maresuke in 1912. Drawing on never-before-translated medieval war tales, samurai clan documents, and execution handbooks, Rankin also provides a fascinating look at the seppuku ritual itself, explaining the correct protocol and etiquette for seppuku, different stomach-cutting procedures, types of swords, attire, location, even what kinds of refreshment should be served at the seppuku ceremony. The book ends with a collection of quotations from authors and commentators down through the centuries, summing up both the Japanese attitude toward seppuku and foreigners' reactions: "As for when to die, make sure you are one step ahead of everyone else. Never pull back from the brink. But be aware that there are times when you should die, and times when you should not. Die at the right moment, and you will be a hero. Die at the wrong moment, and you will die like a dog." — Izawa Nagahide, *The Warrior's Code*, 1725 "We all thought, 'These guys are some kind of nutcakes.'" — Jim Verdolini, *USS Randolph*, describing "Kamikaze" attack of March 11, 1945

"Promise Me You'll Shoot Yourself" Vintage Canada

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.

*Left Behind* Yale University Press

NOW WITH A NEW CHAPTER AND AN UPDATED RESOURCES SECTION Suicide has touched the lives of nearly half of all Americans, yet it is rarely talked about openly. In her highly acclaimed book, Susan Blauner—a survivor of multiple suicide attempts—offers guidance and hope for those contemplating ending their lives and for their loved ones. "Each word written with thoughtful intent; each story told with the deepest of honesty and humility, and in doing so Blauner puts forward a life-saving book."—Daniel J. Reidenberg, PsyD, Executive Director, Suicide Awareness Voices of Education ([www.save.org](http://www.save.org)) "I continued to romanticize my death by suicide: who would find me; what I'd look like. I spent hundreds of hours planning my funeral, imagining the remorse of my family and friends. I wrote good-bye letters, composed wills, and disrupted the lives of everyone close to me. Then reality hit."—Susan Rose Blauner The statistics on suicide are staggering. The World Health Organization estimates that nearly 800,000 people die by suicide every year, which is one person every 40 seconds, and for each completed suicide there may be twenty or more attempts. In *How I Stayed Alive When My Brain Was Trying to Kill Me*, Susan Blauner is the perfect emissary for a message of hope and a program of action for these millions of people. A survivor of multiple suicide attempts, she explains the complex feelings and fantasies that surround suicidal thoughts. In a direct, nonjudgmental, and loving voice, she offers affirmations and suggestions for those experiencing life-ending thoughts, and for their friends and family. With an introduction by Bernie Siegel, M.D., this important, timely book has now been updated with a revised resources section, and a new chapter on the author's experiences since the book's initial publication.

Life After Suicide Simon and Schuster

Award-winning novelist and poet Gayle Brandeis's wrenching memoir of her complicated family history and her mother's suicide Gayle Brandeis's mother disappeared just after Gayle gave birth to her youngest child. Several days later, her body was found: she had hanged herself in the utility closet of a Pasadena parking garage. In this searing, formally inventive memoir, Gayle describes the dissonance between being a new mother, a sweet-smelling infant at her chest, and a grieving daughter trying to piece together what happened, who her mother was, and all she had and hadn't understood about her. Around the time of her suicide, Gayle's mother had been working on a documentary about the rare illnesses she thought ravaged her family: porphyria and Ehlers-Danlos syndrome. In *The Art of Misdiagnosis*, taking its title from her mother's documentary, Gayle braids together her own narration of the charged weeks surrounding her mother's suicide, transcripts of her mother's documentary, research into delusional and factitious disorders, and Gayle's own experience with misdiagnosis and illness (both fabricated and real). Slowly and expertly, *The Art of Misdiagnosis* peels back the complicated layers of deception and complicity, of physical and mental illness in Gayle's family, to show how she and her mother had misdiagnosed one another. Gayle's memoir is both a compelling search into the mystery of one's own family and a life-affirming story of the relief discovered through breaking familial and personal silences. Written by a gifted stylist, *The Art of Misdiagnosis* delves into the tangled mysteries of disease, mental illness, and suicide and comes out the other side with grace.

*A Little Life* University of Chicago Press

From the chief medical correspondent of ABC News, an eloquent, heartbreaking, yet hopeful memoir of surviving the suicide of a loved one, examining this dangerous epidemic and offering first-hand knowledge and advice to help family and friends find peace. Jennifer Ashton, M.D., has witnessed firsthand the impact of a loved one's suicide. When her ex-husband killed himself soon after their divorce, her world—and that of her children—was shattered. Though she held a very public position with one of the world's largest media companies, she was hesitant to speak about the personal trauma that she and her family experienced following his death. A woman who addresses the public regularly on intimate health topics, she was uncertain of revealing her devastating loss—the most painful thing she'd ever experienced. But with the high-profile suicides of Kate Spade and Anthony Bourdain, Dr. Ashton recognized the importance of talking about her experience and the power of giving voice to her grief. She shared her story with her Good Morning America family on air—an honest, heartbreaking revelation that provided comfort and solace to others, like her and her family, who have been left behind. In *Life After Suicide*, she opens up completely for the first time, hoping that her experience and words can inspire those faced with the unthinkable to persevere. Part memoir and part comforting guide that incorporates the latest insights from researchers and health professionals, *Life After Suicide* is both a call to arms against this dangerous, devastating epidemic, and an affecting story of personal grief and loss. In addition, Dr. Ashton includes stories from others who have survived the death of a loved one by their own hand, showing how they survived the unthinkable and demonstrating the vital roles that conversation and community play in recovering from the suicide of a loved one. The end result is a raw and revealing exploration of a subject that's been taboo for far too long, providing support, information, and comfort for those attempting to make sense of their loss and find a way to heal.

**The Art of Misdiagnosis** Random House Trade Paperbacks

This edition contains 20 pages of FULL COLOR photos of my life. During the fifteen years before my father's deliberate, yet tragic suicide, I had a fairytale childhood. Our spacious house, built by my father, was located between both sets of my grandparents' homes. All my emotional and material needs were met. But when changes started happening with my dad, I didn't notice them . . . until I willfully disobeyed him, lied to him and betrayed him, for which he shunned me. From my teenager point of view, "that" started a downward spiral, with the end being his suicide: a bullet, a hanging, and my perfect childhood home on fire. For various reasons, I believed all of this was my fault, and "going on" afterward seemed impossible. So much of "what happened" was immediately put in a box. Throughout the 20 years of the guilt sentence I gave myself, I opened the box time and time again, taking out the pieces of what I'd experienced, examining them and learning what I could about resolving them within myself. Now, having documented it all in this book, the box is open, for all to see. No more secrets. I want to be clear that in many ways my story is like two different books. This book details my life, my father's suicide, and after the death. My adult life contains many adventures, and part of which includes an extensive career working for the Hawaiian Tropic Model Search. Every choice I have made in my life and how I have reacted to all situations have been influenced by my father's suicide in one way or another. I have no doubt about that. I still think about my father's death every day. I believe this book can be of great service to those who have lost a loved one to suicide by helping them release their guilt, find what will bring them joy and go on to

live a freer, more fulfilled life. [www.leftbehind-abookforsuicidesurvivors.com](http://www.leftbehind-abookforsuicidesurvivors.com)

**The Friend (National Book Award Winner)** Roundfire Books

National Book Award Finalist: "Wickersham has journeyed into the dark underworld inside her father and herself and emerged with a powerful, gripping story." —The Boston Globe One winter morning in 1991, Joan Wickersham's father shot himself in the head. The father she loved would never have killed himself, and yet he had. His death made a mystery of his entire life. Who was he? Why did he do it? And what was the impact of his death on the people who loved him? Using an index—the most formal and orderly of structures—Wickersham explores this chaotic and incomprehensible reality. Every bit of family history, every encounter with friends, doctors, and other survivors, exposes another facet of elusive truth. Dark, funny, sad, and gripping, at once a philosophical and a deeply personal exploration, *The Suicide Index* is, finally, a daughter's anguished, loving elegy to her father. [The Suicide Index](#) Kodansha USA

What is appropriate? Do I act like I never saw the letters and put them back in with her things? Do I show them to my dad and ask him what is appropriate to do with them? out of respect for mom and out of respect for those of us who survive her because they could have just as easily fallen into anyone else's possession, I will share with you these letters. -S. Cunningham, Chapter 23: Dear Diary Due to various circumstances, she may become overwhelmed by many responsibilities which she feels before God she must be able to meet. She doesn't want to complain, because she wants to be totally surrendered to God's will and respectful of her husband's leadership. If her husband does not sense the pressure his wife is under, and if she feels this is all God's will, then she has NO OUT. This can lead in extreme circumstances to mental disorders (temporary or permanent) or suicide. -Carol Cunningham, Chapter 9: Dear Tim Maybe I'm insane and irrational in an attempt to explain my mother's death, but to me it makes more sense now. Now that I read mom's writing what she really felt. I read these letters and for the first time see her as more than a mother, but as a person with weaknesses and struggles like anyone else. -S. Cunningham, Chapter 23: Dear Diary *Bullied to Death?* Little, Brown Spark

The death of a child is a tragedy. When the cause is suicide, the tragedy is compounded. It's not easy to read about, or talk about, and yet it is so crucial that young adults who feel the world closing in know that ending their lives is not the answer. There are people who can help. There are people who care. A thirteen-year-old should be enjoying life, planning her future, anticipating the joys to come. Instead, and sadly for all who knew her, Hailee Joy Lamberth, chose a permanent solution to a temporary problem. Hailee was an A student, bubbling with enthusiasm and love for life. She danced, wrote poems, and attended classes for gifted students. She loved playing with her little brother, Jacob. They'd play hide and seek and she'd always hide in the same place so that Jacob would find her. But her favorite interaction with Jacob was when they rode the Ferris wheel together and got stuck at the top. Jacob was afraid, but Hailee reassured him. "We're practically in heaven," she tells him. "Well if we die," Jacob says, "At least we'll be together." When she was twelve years old, the bullying began. First it was a boy in math class who seemed to have a crush on her. When she rebuffed him, he started sending her mean notes, calling her names, and spreading rumors about her. Then it was a girl in P.E. who would crash into her when no one was looking. Hailee tried to avoid the bullies. She decided to drop out of the math class. She made excuses to her parents in



order to escape, and her parents believed her. They didn't know that her life was becoming unbearable. By the end of the school year, Hailee had begun to cut herself. It was her way of coping with the constant degradation. She overachieved in school in order to keep her parents from asking too many questions. A kid who is bullied often becomes an expert liar. In seventh grade, the bullying increased, growing like a cancer. Hailee kept up appearances to protect her parents and brother, but inside she was suffering. Two days after her thirteenth birthday, she succumbed to the pain. Hailee's parents have decided to not allow her death to be in vain. By working with Zuiker Press to tell Hailee's story as if she were able to tell it herself, they hope reach out to other young people in crisis, and show them that they do have options -- and to prevent them from bringing the excruciating pain of suicide to their families. Their hope is that by sharing Hailee's story, they may prevent another young person from making a fatal choice. Goodbye: A Story of Suicide is the eighth in a series of graphic novels written by young adults for their peers.

#### Grieving a Suicide HarperCollins

"For fans of Ottessa Moshfegh, Juliet the Maniac is a worthy new entry in that pantheon of deconstruction... Dazzling."—NEW YORK TIMES BOOK REVIEW This portrait of a young teenager's fight toward understanding and recovering from mental illness is shockingly honest, funny, and heartfelt. Ambitious, talented fourteen-year-old honors student Juliet is poised for success at her Southern California high school. However, she soon finds herself in an increasingly frightening spiral of drug use, self-harm, and mental illness that lands her in a remote therapeutic boarding school, where she must ultimately find the inner strength to survive. A highly anticipated debut—from a writer hailed as "a combination of Denis Johnson and Joan Didion" (Dazed)—that brilliantly captures the intimate triumph of a girl's struggle to become the woman she knows she can be.

#### Adeline Beacon Press

One of TIME's 100 Must-Read Books of 2021 One of BuzzFeed's Best Books of 2021 One of Vulture's Best Books of 2021 Named one of the Most Anticipated of Books of 2021 by the Los Angeles Times, Literary Hub, and The Millions A searing and brave memoir that offers a new understanding of

suicide as a distinct mental illness. As the sun lowered in the sky one Friday afternoon in April 2006, acclaimed author Donald Antrim found himself on the roof of his Brooklyn apartment building, afraid for his life. In this moving memoir, Antrim vividly recounts what led him to the roof and what happened after he came back down: two hospitalizations, weeks of fruitless clinical trials, the terror of submitting to ECT—and the saving call from David Foster Wallace that convinced him to try it—as well as years of fitful recovery and setback. Through a clear and haunting reckoning with the author's own story, *One Friday in April* confronts the limits of our understanding of suicide. Donald Antrim's personal insights reframe suicide—whether in thought or in action—as an illness in its own right, a unique consequence of trauma and personal isolation, rather than the choice of a depressed person. A necessary companion to William Styron's classic? *Darkness Visible*, this profound, insightful work sheds light on the tragedy and mystery of suicide, offering solace that may save lives.

#### *Poetry Will Save Your Life* Princeton University Press

A fearless writer confronts grief and transforms it into art, in a book of surprising beauty and love, "a masterpiece by a master" (Elizabeth McCracken, *Vanity Fair*). "Li has converted the messy and devastating stuff of life into a remarkable work of art."—The Wall Street Journal WINNER OF THE PEN/JEAN STEIN AWARD • LONGLISTED FOR THE PEN/FAULKNER AWARD • NAMED ONE OF THE TEN BEST FICTION BOOKS OF THE YEAR BY TIME AND ONE OF THE BEST BOOKS OF THE YEAR BY Parul Seghal, The New York Times • NPR • The Guardian • The Paris Review The narrator of *Where Reasons End* writes, "I had but one delusion, which I held on to with all my willpower: We once gave Nikolai a life of flesh and blood; and I'm doing it over again, this time by words." Yiyun Li meets life's deepest sorrows as she imagines a conversation between a mother and child in a timeless world. Composed in the months after she lost a child to suicide, *Where Reasons End* trespasses into the space between life and death as mother and child talk, free from old images and narratives. Deeply moving, these conversations portray the love and complexity of a relationship. Written with originality, precision, and poise, *Where Reasons End* is suffused with intimacy, inescapable pain, and fierce love.

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