

Recommended Books for Survivors After Suicide

1. **Center Cannot Hold: My Journey Through Madness; Elyn Saks (2008)**
Elyn Saks is a success by any measure: she's an endowed professor at the prestigious University of Southern California Gould School of Law. She has managed to achieve this in spite of being diagnosed as schizophrenic and given a "grave" prognosis -- and suffering the effects of her illness throughout her life.
2. **Finding Peace without All the Pieces: After a Loved One's Suicide; LaRita Archibald (2012)**
In her book, *Finding Peace Without All The Pieces*, LaRita Archibald helps the reader place the pieces of their own loss into a mosaic that brings hope and healing just by reading it. She extends the promise that the overwhelming anguish of today will eventually subside into manageable sorrow that the suicide of one dearly loved IS survivable and there is healing and peace waiting in the future.
3. **In the Wake of Suicide: Stories of the People Left Behind; Victoria Alexander (1998)**
After author Victoria's mother took her life, she spent the next ten years collecting stories from people, like herself, who have walked through one of life's most difficult journeys. The result is a beautifully written book of powerful, spellbinding stories told by those who were left behind: parents, children, spouses, lovers, friends, and colleagues.
4. **A Mother's Story, Gloria Vanderbilt (1997)**
In *A Mother's Story*, Gloria Reflects on her own childhood tragedies while trying to make sense of -- and learn to cope with -- her son's suicide. Beautifully written and inspiring, this account of a mother's coping with a son's death will touch and sadden all those who read it.
5. **Night Falls Fast: Understanding Suicide; Kay Redfield Jamison (1999)**
A personal account of suicide by a prominent professor of psychiatry at John Hopkins University who has struggled with bipolar disorder and her own suicide attempt.
6. **No Time to Say Goodbye: Surviving the Suicide of a Loved One; Carla Fine (1999)**
Fine's discovery of her husband's body after his suicide left her with a flood of mixed emotions and anguish that inspired her to record, in vividly honest terms, the legacy of suicide on survivors. Despite the permanent sadness and even humiliation that suicide survivors face, this book offers hope in its summary of predictable patterns of adjustment.
7. **Silent Grief: Living in the Wake of Suicide; Christopher Lukas & Henry Seiden (2007)**
Lake and Sieden use sensitive and unambiguous language to provide an understanding of what it is like to live in the wake of suicide and the struggle to make sense of the world. They also look at how survivors might actively respond to their situation, rather than being passive victims.
8. **The Suicidal Mind; Edwin Shneidman (1998)**
In *The Suicidal Mind*, 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. Shneidman presents a bold and simple premise: the main cause of suicide is psychological pain or "psychache."

9. **Surviving Suicide: Help to Heal Your Heart – Life Stories from Those Left Behind; Heather Hays (2005)**
10. **Suicide Why: 85 Questions and Answers About Suicide; Adrina Wroblewski (1994)**
11. **Those They Left Behind; Karen Meuller Bryson (2006)**

In this collection of interviews with survivors of suicide, individuals talk candidly and intimately about how their lives have been impacted by the suicide of a family member or close friend.
12. **Touched by Suicide: Hope and Healing After Loss; Carla Fine (2006)**

Whether you are struggling with fresh grief at a loved one's death by suicide or your loss happened years ago, you should know that you are not alone. 5 million Americans are affected – directly or indirectly – by this tragedy each year. And it sends us on a lifelong search for answers, both to the practical questions and the deepest question of all: Why?
13. **An Unquiet Mind: A Memoir of Moods and Madness; Kay Redfield Jamison (1997)**

Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients, as her disorder launched her into ruinous spending sprees, episodes of violence, and an attempted suicide.
14. **Why People Die By Suicide; Thomas Joiner (2007)**

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.

FOR CHILDREN/YOUTH

15. **After a Suicide: An Activity Book for Grieving Kids; The Dougy Center(2001)**

In this hands-on, interactive workbook, children who have been exposed to a suicide can learn from other grieving kids. The workbook includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death.
16. **I Miss You: A First Look At Death; Pat Thomas (2004) Age 4+**

When a close friend or family member dies, it can be difficult for children to express their feelings. This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death.
17. **Living When a Young Friend Commits Suicide; Early Grollman & Max Malikow (1999)**

This book addressed to the young survivors of this epidemic, Grollman and Malijow offer solace and guidance to adolescents who are confronted with someone of their own age who is contemplating or has died by suicide.

18. **Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss; Michaelene Mundy (1998) Age 6+**
Loaded with positive, life-affirming advice for coping with loss as a child, this guide tells children what they need to know after a loss--that the world is still safe; life is good; and hurting hearts do mend.
19. **Someone I loved Died by Suicide: A Story for Child Survivors and Those Who Care for Them; Doreen Cammarata (2009)**
This newly revised edition of the book is designed for adult caregivers to read to surviving youngsters following a suicidal death. The story allows individuals an opportunity to recognize normal grieving symptoms and to identify various interventions to promote healthy ways of coping with the death of a special person.
20. **Talking About Death: A Dialogue between Parent and Child (2011) Ages 5+**
Why do people die? How do you explain the loss of a loved one to a child? This book is a compassionate guide for adults and children to read together, featuring a read-along story and answers to questions children ask about death.
21. **A Terrible Thing Happened; Margaret Holmes (2000) Age 4+**
A book to help children learn ways to cope and discuss feelings after loss and trauma.
22. **When Nothing Matters Anymore: A Survival Guide for Depressed Teens; Bev Cobain (2007)**
On April 8, 1994, Kurt Cobain ended his long struggle with depression and chemical dependency by taking his own life. His suicide profoundly affected millions of fans around the world who identified with the music of Kurt and his band, Nirvana. Bev Cobain is Kurt's cousin, and this powerful book is her way of dealing with his death – and reaching out to teens with a life-saving message: You don't have to be sad, discouraged, or depressed. There is help and hope for you.