

Night Falls Fast Understanding Suicide Kay Redfield Jamison

Describes the author's attempted suicide after being diagnosed with bipolar disorder, the breakdowns that challenged his efforts to live with his illness, and his work as a mental health advocate.

The wind was gusting around the Golden Gate Bridge on a March afternoon in 2005 when a 22-year-old man climbed the railing, convinced he and this world would be better without each other. He put himself on a thin beam 220 feet above the Pacific Ocean. The man had just lost his job and felt overwhelmed as a new father. Kevin Berthia wanted to die, and he had come to the world's most effective suicide destination to make that happen. That's when he met a highway patrolman, a former Army soldier and San Quentin State Prison guard named Kevin Briggs. "I know you must be in tremendous pain," Briggs said over the railing. "If you want to talk, I'm here to listen." The next 90 minutes saved Berthia's life. In *Guardian of the Golden Gate*, Briggs shares his experiences with the help of people who credit their lives to him. His inspiring story will help shine a light on a killer that lurks in the darkness and show people signs to look for and the value of hope. You will gain insight into this steadfast hero that will allow you to see why he's known as the Golden Gate's guardian. Kevin Briggs aims to promote mental illness awareness and ultimately break the stigmas associated with it. By reading this book, you join him in that pursuit. Suicide is preventable. There is hope. There is help.

Integrating research from multiple disciplines, this text provides a comprehensive perspective on suicide and examines what works in prevention and intervention. The author is a pioneering researcher and clinician who

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addresses the classification, prevalence, and assessment of suicide and self-destructive behaviors and explores risk factors at multiple levels, from demographic variables, personality traits, psychiatric diagnoses, and neurobiological factors to the social and cultural context. Student-friendly features include text boxes that dive deeply into specific issues, instructive figures and tables, thought-provoking clinical cases, and engaging examples from literature and popular culture. The text reviews medical and psychosocial treatment and prevention approaches, discusses ways to help those bereaved by suicide, and considers issues of professional liability.

'To write about suicide . to transform the subject into something beautiful - this is the foreboding task that Alvarez set for himself . he has succeeded.' The New York Times This second part extends from the illustrious words of Diego Rivera returned to Mexico in June 1921 until his death. After spending nearly fourteen years in Europe reached a Mexico in the middle stage of reconstruction, in which the revolutionary leaders who emerged triumphant arms had changed by the speeches and promises of change. Devourer of news from any part of the cultural and political spectrum, the artist not only brought with them their knowledge of the European avant-garde but the desire to put in writing their views on art, politics and the works of his contemporaries. Wrote about himself, and much, but over all artistic expression to call your attention. He wrote much as he painted, with the same expressive power with the same passion. Urgent verbal reactions to their own works, to put forward the social function of art and artistic creators call to form a united front to the side of the peasants and workers. Along with the works presented are excerpts from texts that reflected the painter left his aesthetic ideas. In this book the reader can enjoy a little spread Diego Rivera, to which we

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must not only see but also read.

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.

Powerful, affecting essays on mental illness, winner of the Graywolf Press Nonfiction Prize and a Whiting Award An intimate, moving book written with the immediacy and directness of one who still struggles with the effects of mental and chronic illness, *The Collected Schizophrenias* cuts right to the core. Schizophrenia is not a single unifying diagnosis, and Esmé Weijun Wang writes not just to her fellow members of the "collected schizophrenias" but to those who wish to understand it as well. Opening with the journey toward her diagnosis of schizoaffective disorder, Wang discusses the medical community's own disagreement about labels and procedures for diagnosing those with mental illness, and then follows an arc that examines the manifestations of schizophrenia in her life. In essays that range from using fashion to present as high-functioning to the depths of a rare form of psychosis, and from the failures of the higher education system and the dangers of institutionalization to the complexity of compounding factors such as PTSD and Lyme disease, Wang's analytical eye, honed as a former lab researcher at Stanford, allows her to balance research with personal narrative. An essay collection of undeniable power, *The Collected Schizophrenias* dispels misconceptions and provides insight into a condition long misunderstood.

Drawing on more than 60 years of experience in the field of suicidology, Edwin S. Shneidman has compiled and reflected on the 13 most thought-provoking works on suicide from the 20th century. Serving a large audience, this volume will be of

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interest to those doing research, those helping prevent suicide through community intervention or clinical practice, and those who have been touched by suicide in some personal capacity.

Al Alvarez touched down in Las Vegas one hot day in 1981, a dedicated amateur poker player but a stranger to the town and its crazy ways. For three mesmerizing weeks he witnessed some of the monster high-stakes games that could only have happened in Vegas and talked to the extraordinary characters who dominated them--road gamblers and local professionals who won and lost fortunes on a regular basis. Set over the course of one tournament, *The Biggest Game in Town* is both a chronicle of the World Series of Poker--the first ever written--and a portrait of the hustlers, madmen, and geniuses who ruled the high-stakes game in America. It is a brilliant insight into poker's appeal as a hobby, an addiction, and a way of life, and into the skewed psychology of master players and fearless gamblers. With a new introduction by the author, Alvarez's classic account is "the greatest dissection of high-stakes Vegas poker and the madness that surrounds it ever written" (TimeOut [UK]).

Insightful, provocative, and compassionate, *Making Peace with Suicide: A Book of Hope, Understanding, and Comfort* takes a good hard look at the world-wide phenomena of suicide. This book is designed for anyone who has lost a loved one to suicide and felt that sucker punch of grief; for anyone who is in pain, walking unsteadily, and considering suicide as an option; and for anyone who works with, guides, or counsels those

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feeling suicidal and/or suffering the profound grief from a suicidal loss. *Making Peace with Suicide* includes stories of courage, vulnerability, and steadfastness from both the survivors of suicidal loss as well as the unique perspective of the formerly suicidal. It offers shared wisdom and coping strategies from those who have walked before you. It explores the factors leading to suicide and the reasons why some do and some don't leave suicide notes. *Making Peace with Suicide* sheds light on the phenomena of suicide vis-a-vis our teens, the military, new mothers, as an end-of-life choice, and asks if addiction is a form of slow suicide. It provides a seven-step healing process and opens the door to consider suicide and the soul, the heart lesson of suicide, and the energies of suicide. If suicidality has impacted your life, *Making Peace with Suicide* is a must-read. You will be guided through the unknown territory, given insights to allow understanding, stories to help you heal, and ways to make peace with a heart wide-open. *Making Peace with Suicide* is good medicine for the body, mind, and soul.

Drawing on her own ordeal following her husband's suicide, as well as the experiences of other survivors and the knowledge of professionals, the author offers guidance through the various stages of the process of grieving and reconciliation. Reprint.

Honest, gentle advice for those who have survived an unspeakable loss—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*

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Be Free, offering gentle advice for those left behind, so that healing can begin.

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.

Drawn on interviews with fifty survivors, a study of suicidal behavior documents the various events that can lead to an attempt to take one's own life, while exploring the healing that can occur afterwards. Reprint. Tour.

Drawing on extensive clinical and epidemiological evidence, as well as personal experience, Thomas Joiner provides the most coherent and persuasive explanation ever given of why and how people overcome life's strongest instinct, self-preservation. He tests his theory against diverse 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.

Since its debut thirty years ago, this favorite by one of the world's most beloved grief counselors has found a place in the homes and hearts of hundreds of thousands of mourners across the globe. Filled with compassion and hope, *Understanding Your Grief* helps you understand and befriend your painful, complex thoughts and feelings after the death of someone loved.

Befriending grief may sound counterintuitive, but actually, your grief is your love for the person who died in a different form, and like that love, it's also natural and

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necessary. Perhaps above all, *Understanding Your Grief* is practical. It's built on Dr. Wolfelt's Ten Touchstones, which are basic principles to learn and actions to take to help yourself engage with your grief and create momentum toward healing. This second edition maintains the content of the first edition but builds on it by adding concise wisdom on new topics such as the myth of closure, complicated and traumatic grief, grief overload, unmourned grief, loneliness, the power of ritual, and more. Excellent as an empathetic handbook for anyone in mourning as well as a text for support groups, *Understanding Your Grief* pairs with a guided journal (The

When a meteorite lands in Surrey, the locals don't know what to make of it. But as Martians emerge and begin killing bystanders, it quickly becomes clear—England is under attack. Armed soldiers converge on the scene to ward off the invaders, but meanwhile, more Martian cylinders land on Earth, bringing reinforcements. As war breaks out across England, the locals must fight for their lives, but life on Earth will never be the same. This is an unabridged version of one of the first fictional accounts of extraterrestrial invasion. H. G. Wells's military science fiction novel was first published in book form in 1898, and is considered a classic of English literature.

The author offers a look at depression, drawing on his own battle with the illness and interviews with fellow sufferers, researchers, and doctors to assess

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the disease's complexities, causes, symptoms, and available therapies.

The definitive work on the profound and surprising links between manic-depression and creativity, from the bestselling psychologist of bipolar disorders who wrote *An Unquiet Mind*. One of the foremost psychologists in America, "Kay Jamison is plainly among the few who have a profound understanding of the relationship that exists between art and madness" (William Styron). The anguished and volatile intensity associated with the artistic temperament was once thought to be a symptom of genius or eccentricity peculiar to artists, writers, and musicians. Her work, based on her study as a clinical psychologist and researcher in mood disorders, reveals that many artists subject to exalted highs and despairing lows were in fact engaged in a struggle with clinically identifiable manic-depressive illness. Jamison presents proof of the biological foundations of this disease and applies what is known about the illness to the lives and works of some of the world's greatest artists including Lord Byron, Vincent Van Gogh, and Virginia Woolf.

"*The Suicidal Mind*" brims with insights into the suicidal impulse and with helpful suggestions for counteraction methods. Throughout, Dr. Edwin Shneidman offers practical, explicit maneuvers to assist in treating a suicidal individual--steps that can

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be taken by concerned friends or family and professionals alike.

"In his Pulitzer Prize-winning poetry, Robert Lowell (1917-1977) put his manic-depressive illness into the public domain. Now Dr. Kay Redfield Jamison brings her expertise to bear on his story, illuminating the relationship between bipolar illness and creativity, and examining how Lowell's illness and the treatment he received came to bear on his work"--

According to the American Foundation for Suicide Prevention, in our lifetimes 80 percent of us will have some up-close experience with the suicide of someone we know. And more than 20 percent of us will have a family member die by suicide. Journalist Eric Marcus knows this better than most people. In 1970, his father took his life at the age of 44. In 2008, his 49-year-old sister-in-law took her life as well. In a completely revised and updated edition of the landmark original *Why Suicide ?*, Eric Marcus offers thoughtful answers to scores of questions about this complex, painful issue, from how to recognize the signs of someone who is suicidal to strategies for coping in the aftermath of a loved one's death. No matter what the circumstances, those of us who are affected by suicide are left with difficult and disturbing questions: Why did they do it? Was it my fault? What should I tell people when they ask what happened? Is someone who attempts suicide likely to try again? What should I do if I'm thinking of

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killing myself? Drawing from his own experience, as well as interviews with people who have been touched by suicide, Eric Marcus cuts through the veil of silence and misunderstanding to bring clarity, reassurance, and comfort to those who so desperately need it.

'Read this incredible book. I wept and I learnt' - Prof Tanya Byron
'This book comes from the heart' - Roman Kemp
'Compassionate, personal and thought-provoking' - Prof Steve Peters
When you are faced with the unthinkable, this is the book you can turn to. Suicide is baffling and devastating in equal measures, and it can affect any one of us: one person dies by suicide every 40 seconds. Yet despite the scale of the devastation, for family members and friends, suicide is still poorly understood. Drawing on decades of work in the field of suicide prevention and research, and having been bereaved by suicide twice, Professor O'Connor is here to help. This book will untangle the complex reasons behind suicide and dispel any unhelpful myths. For those trying to help someone vulnerable, it will provide indispensable advice on communication, stressing the importance of listening to fears and anxieties without judgment. And for those who are struggling to get through the tragedy of suicide, it will help you find strength in the darkest of places.

For much of his thirties, Jesse Bering thought he

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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

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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.

Night Falls Fast Understanding Suicide Vintage

This constructive guide offers much-needed information and clinically-tested advice for those struggling to cope in the aftermath of a suicide.

Written in clear language, this book presents the facts and demonstrates how to deal with feelings of guilt, anger, bewilderment, and shame. Also included is an anniversary memorial service that enables family members to recommit themselves to life.

NEW YORK TIMES BESTSELLER USA TODAY
BESTSELLER NATIONAL INDIE BESTSELLER
THE WASHINGTON POST BESTSELLER

Recommended by Entertainment Weekly, Real
Simple, NPR, Slate, and Oprah Magazine #1 Library
Reads Pick—October 2020 #1 Indie Next

Pick—October 2020 BOOK OF THE YEAR (2020)

FINALIST—Book of The Month Club A “Best Of”

Book From: Oprah Mag * CNN * Amazon * Amazon

Editors * NPR * Goodreads * Bustle * PopSugar *

BuzzFeed * Barnes & Noble * Kirkus Reviews *

Lambda Literary * Nerdette * The Nerd Daily *

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Trashy Books * LiteraryHub * Medium * BookBub *

The Mary Sue * Chicago Tribune * NY Daily News *

Syfy Wire * Powells.com * Bookish * Book Riot *

Library Reads Voter Favorite * In the vein of The

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Time Traveler's Wife and Life After Life, The Invisible Life of Addie LaRue is New York Times bestselling author V. E. Schwab's genre-defying tour de force. A Life No One Will Remember. A Story You Will Never Forget. France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever—and is cursed to be forgotten by everyone she meets. Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world. But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

This is a frank, passionate book written to those who contemplate suicide as a way out of their situations. The author issues an invitation to life, helping people accept the imperfections of their lives, and opening eyes to the possibilities of love. Suicide: a hidden stigma, a damnable sin, a shame or an embarrassment. That's what "they" say. We have all been told what to think and how to feel, about suicide, for as long as any of us can remember. It's time to rebuild your paradigm, based on love. Susan Rushing had done countless psychic

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readings, over the years. But, one day she gave a reading which changed the course of her life. A shaggy-headed boy, who had committed suicide, only three months before, brought information and visions that were nothing less than mind-blowing and belief shattering. After that, readings for suicide victims became a regular occurrence. Susan's long standing patterns of belief toward suicide changed drastically. She felt she understood suicide, and how it was processed on the other side. That is, until the rainy night, in 2010, when her daughter's father ended his own life. Two years have passed since that crazy night. Through internal searching, meditation, dozens more suicide readings, and the messages they delivered have led Susan to a new way of healing. This healing process is based on the methods used to heal on the other side. Susan shares that knowledge, as well as many of the readings and messages she has been given. She also shares information to help you re-develop your way of thinking about the religious, legal, and social ramifications of suicide and those who are left behind.

Explores the role of exuberance in humankind's most important creative and scientific accomplishments, discussing the nature of joy and its relationship to intellectual curiosity, creativity, risk-taking, and survival.

Helping the Suicidal Person provides a highly

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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.

As skilled mediums and energy intuitives, this book began for us as a request by a suicide to tell his story. What follows is a compelling glimpse into ten individual's reasons for their suicide, what happened to them afterward, what they're experiencing now, and what they want humanity to know.

From the author of the best-selling memoir *An Unquiet Mind*, comes 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. An internationally acknowledged authority on depressive illnesses, Dr. Jamison has also known suicide firsthand: after years of struggling with manic-depression, she

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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. It is critical reading for parents, educators, and anyone wanting to understand this tragic epidemic.

Viktor Frankl, bestselling author of *Man's Search for Meaning*, explains the psychological tools that enabled him to survive the Holocaust. Viktor Frankl is known to millions as the author of *Man's Search for Meaning*, his harrowing Holocaust memoir. In this book, he goes more deeply into the ways of thinking that enabled him to survive imprisonment in a concentration camp and to find meaning in life in spite of all the odds. He expands upon his groundbreaking ideas and searches for answers about life, death, faith and suffering. Believing that there is much more to our existence than meets the eye, he says: 'No one will be able to make us believe that man is a sublimated animal once we can show that within him there is a repressed angel.' In *Man's Search for Ultimate Meaning*, Frankl explores our sometimes unconscious desire for inspiration or revelation. He explains how we can create meaning for ourselves and, ultimately, he reveals how life has more to offer us than we could ever imagine.

"Sue Blauner's you-are-there account . . . offers insight and understanding to anyone who has been touched by suicide."—Joan Anderson, author of *A Year by the Sea* An epidemic of international proportions, suicide has touched the lives of nearly half of all Americans, yet is rarely talked about openly. In this timely and important book, Susan Blauner breaks the silence to offer guidance and hope for those

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contemplating ending their lives—and for the loved ones who want to help them. A survivor of multiple suicide attempts, Blauner eloquently describes the feelings and fantasies surrounding suicide. In a direct, nonjudgmental, and loving voice, she offers affirmations and suggestions for those experiencing life-ending thoughts, and for their friends and family. Here is an essential resource destined to be the classic guide on the subject.

We need to get it in our heads that suicide is not easy, painless, cowardly, selfish, vengeful, selfmasterful, or rash; that it is not caused by breast augmentation, medicines, "slow" methods like smoking or anorexia, or, as some psychoanalysts thought, things like masturbation; that it is partly genetic and influenced by mental disorders, themselves often agonizing; and that it is preventable and treatable.

A nonjudgemental guide for people whose lives have been touched by suicide offers practical answers to such related concerns as what to tell others, insurance coverage, preventability, and what to do with suicidal feelings. Original. Is suicide wrong, profoundly morally wrong? Almost always wrong, but excusable in a few cases? Sometimes morally permissible? Imprudent, but not wrong? Is it sick, a matter of mental illness? Is it a private matter or a largely social one? Could it sometimes be right, or a "noble duty," or even a fundamental human right? Whether it is called "suicide" or not, what role may a person play in the end of his or her own life? This collection of primary sources--the principal texts of ethical interest from major writers in western and nonwestern cultures, from the principal religious traditions, and from oral cultures where observer reports of traditional practices are available, spanning Europe, Asia, the Middle East, Africa, Oceania, the Arctic, and North and South America--facilitates exploration of many controversial practical issues: physician-assisted suicide or aid-in-dying; suicide in social or political

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protest; self-sacrifice and martyrdom; suicides of honor or loyalty; religious and ritual practices that lead to death, including sati or widow-burning, hara-kiri, and sallekhana, or fasting unto death; and suicide bombings, kamikaze missions, jihad, and other tactical and military suicides. This collection has no interest in taking sides in controversies about the ethics of suicide; rather, rather, it serves to expand the character of these debates, by showing them to be multi-dimensional, a complex and vital part of human ethical thought.

WITH A NEW PREFACE BY THE AUTHOR In her bestselling classic, *An Unquiet Mind*, Kay Redfield Jamison changed the way we think about moods and madness. 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. Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication. *An Unquiet Mind* is a memoir of enormous candor, vividness, and wisdom—a deeply powerful book that has both transformed and saved lives.

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