

Cracked Not Broken Surviving And Thriving After A Suicide Attempt

The #1 New York Times Bestseller "There is a crack in everything. That's how the light gets in." —Leonard Cohen Christmas is approaching, and in Québec it's a time of dazzling snowfalls, bright lights, and gatherings with friends in front of blazing hearths. But shadows are falling on the usually festive season for Chief Inspector Armand Gamache. Most of his best agents have left the Homicide Department, his old friend and lieutenant Jean-Guy Beauvoir hasn't spoken to him in months, and hostile forces are lining up against him. When Gamache receives a message from Myrna Landers that a longtime friend has failed to arrive for Christmas in the village of Three Pines, he welcomes the chance to get away from the city. Mystified by Myrna's reluctance to reveal her friend's name, Gamache soon discovers the missing woman was once one of the most famous people not just in North America, but in the world, and now goes unrecognized by virtually everyone except the mad, brilliant poet Ruth Zardo. As events come to a head, Gamache is drawn ever deeper into the world of Three Pines. Increasingly, he is not only investigating the disappearance of Myrna's friend but also seeking a safe place for himself and his still-loyal colleagues. Is there peace to be found even in Three Pines, and at what cost to Gamache and the people he holds dear? How the Light Gets In is the ninth Chief Inspector Gamache Novel from Louise Penny. One of Publishers Weekly's Best Mystery/Thriller Books of 2013 One of The Washington Post's Top 10 Books of the Year An NPR Best Book of 2013

By the first day of kindergarten, Olga Trujillo had already survived years of abuse and violent rape at the hands of her tyrannical father. Over the next ten years, she would develop the ability to numb herself to the constant abuse by splitting into distinct mental "parts." Dissociative identity disorder (DID) had begun to take hold, protecting Olga's mind from the tragic realities of her childhood. In *The Sum of My Parts*, Olga reveals her life story for the first time, chronicling her heroic journey from survivor to advocate and her remarkable recovery from DID. Formerly known as multiple personality disorder, DID is defined by the presence of two or more identities. In this riveting story, Olga struggles to unearth memories from her childhood, and parallel identities—Olga at five years old, Olga at thirteen—come forth and demand to be healed. This brave, unforgettable memoir charts the author's triumph over the most devastating conditions and will inspire anyone whose life has been affected by trauma.

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? In this definitive guide book, Michael F. Myers, MD, a leading psychiatrist, and Carla Fine, author of the acclaimed *No Time to Say Goodbye: Surviving the Suicide of a Loved One*, combine their perspectives as a physician and a survivor to offer compassionate and practical advice to anyone affected by suicide.

I WILL NEVER HAVE A HUSBAND, BUT I HAVE THE BEST BROTHER IN THE WORLD. YOUR BREATH ON MY CHEEK -- ON MY SCAR -- FELT LIKE THE BREATH OF ALLAH. Nadira is spoiled goods. Scars from a beating she received for a crime that her older brother allegedly committed tell the world that she is worth less than nothing -- except to her little brother, Umar, who sees beauty in her scars and value in her. But Umar is gone -- perhaps kidnapped or maybe sold. All Nadira knows is that Umar has been taken into the desert to ride camels for rich sheiks. He could be lost to her forever. For Umar, Nadira will risk everything. So she disguises herself as a boy and searches out the men who took him. They are not hard to find, and soon she, too, is headed to the desert to be a camel jockey. Life in the desert is

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more brutal than Nadira imagined. All she has to protect her and the boys she meets are a bit of chai tea, some stories, and the hope that she has enough of both to keep going until she finds Umar. **BROKEN MOON IS A SPELLBINDING, LYRICAL TALE THAT WILL CAPTURE READERS, HEARTS AND SOULS.**

#1 NEW YORK TIMES BESTSELLER • NOW A MAJOR MOTION PICTURE • Look for special features inside. Join the Random House Reader's Circle for author chats and more. In boyhood, Louis Zamperini was an incorrigible delinquent. As a teenager, he channeled his defiance into running, discovering a prodigious talent that had carried him to the Berlin Olympics. But when World War II began, the athlete became an airman, embarking on a journey that led to a doomed flight on a May afternoon in 1943. When his Army Air Forces bomber crashed into the Pacific Ocean, against all odds, Zamperini survived, adrift on a foundering life raft. Ahead of Zamperini lay thousands of miles of open ocean, leaping sharks, thirst and starvation, enemy aircraft, and, beyond, a trial even greater. Driven to the limits of endurance, Zamperini would answer desperation with ingenuity; suffering with hope, resolve, and humor; brutality with rebellion. His fate, whether triumph or tragedy, would be suspended on the fraying wire of his will. Appearing in paperback for the first time—with twenty arresting new photos and an extensive Q&A with the author—Unbroken is an unforgettable testament to the resilience of the human mind, body, and spirit, brought vividly to life by Seabiscuit author Laura Hillenbrand. Hailed as the top nonfiction book of the year by Time magazine • Winner of the Los Angeles Times Book Prize for biography and the Indies Choice Adult Nonfiction Book of the Year award “Extraordinarily moving . . . a powerfully drawn survival epic.”—The Wall Street Journal “[A] one-in-a-billion story . . . designed to wrench from self-respecting critics all the blurby adjectives we normally try to avoid: It is amazing, unforgettable, gripping, harrowing, chilling, and inspiring.”—New York “Staggering . . . mesmerizing . . . Hillenbrand’s writing is so ferociously cinematic, the events she describes so incredible, you don’t dare take your eyes off the page.”—People “A meticulous, soaring and beautifully written account of an extraordinary life.”—The Washington Post “Ambitious and powerful . . . a startling narrative and an inspirational book.”—The New York Times Book Review “Magnificent . . . incredible . . . [Hillenbrand] has crafted another masterful blend of sports, history and overcoming terrific odds; this is biography taken to the nth degree, a chronicle of a remarkable life lived through extraordinary times.”—The Dallas Morning News “An astonishing testament to the superhuman power of tenacity.”—Entertainment Weekly “A tale of triumph and redemption . . . astonishingly detailed.”—O: The Oprah Magazine “[A] masterfully told true story . . . nothing less than a marvel.”—Washingtonian “[Hillenbrand tells this] story with cool elegance but at a thrilling sprinter’s pace.”—Time “Hillenbrand [is] one of our best writers of narrative history. You don’t have to be a sports fan or a war-history buff to devour this book—you just have to love great storytelling.”—Rebecca Skloot, author of *The Immortal Life of Henrietta Lacks*

In this young adult novel debut, the story of a girl too smart for her own good who, after one tragic night, decides to reject the popular life in exchange for one of solitude. Perfect Parker Fadley isn't so perfect anymore. She's quit the cheerleading squad, she's dumped her perfect boyfriend, and she's failing school. Her parents are on a constant suicide watch and her counselors think she's playing games...but what they don't know, the real reason for this whole mess, isn't something she can say out loud. It isn't even something she can say to herself. A horrible thing has happened and it just might be her fault. If she can just remove herself from everybody--be totally alone--then everything will be okay...The problem is, nobody will let her. “Cracked Up To Be gives you Parker, her world, her friends, straight up, no chaser. You won't forget her.” —Kathe Koja author of *Kissing The Bee*

A little nod to those of us who are still feeling slightly half-baked: those with struggling families, cracked relationships, and a world that's showing a little wear around the seams. When God wants to create the remarkable, He chooses to work with the less-than-perfect. Genesis

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is a book of beginnings. It is deeply concerned with the origins of things—of the universe, of humankind, of relationships, of sin, of civilization, of families, and of one special family created and chosen by God to be the instrument through which He would bless the world. That family is our family, yours and mine. Like all good family stories, it starts with not just a something or somewhere, but a someone. Part memoir, part biblical inspiration story, *Broken & Blessed* is about how change begins when one person decides to believe God's promises and how that makes a change in a family, like ripples on water.

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." —The New York Times "Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank." —USA Today **DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.**

(Autobiographical).

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.

"To be bipolar is like a hurricane always present. Like a weatherman, you must try to become an expert on hurricanes to be able to forecast movement, speed, and intensity." - Jesse Cohen. *The 3rd Rail* is a 58,000-word manuscript written by Jesse Cohen with Best Selling Author of *Cracked Not Broken, Surviving & Thriving After A Suicide Attempt*, Kevin Hines. *The Third Rail* is based on Jesse Cohen's true story of adventure as a struggling twenty-two-year-old Tulane Law School student living in New Orleans, Louisiana. Cohen is represented as the character "Jake Hunter" in the book. The story takes place in 1994 when the city is named "The Murder Capital of the United States." Gun violence, racism, and widespread police corruption have reached unprecedented levels. Jake's personality, genetics, the stress over his first year of law school, and his strong moral convictions create an extremely powerful and dangerous madness. As Jake's mind continues to unravel he finds himself in trouble at school, in jail, and in a mental hospital. Written in the first person, *The 3rd Rail* is an unprecedented opportunity to experience an epic adventure from inside the manic bipolar mind of a young man with no fear, limitless confidence, infinite powers of persuasion and seduction, exceptional cognitive abilities, and extraordinary motivation to accomplish anything he desires. "Those who've gone through mental trauma, and those that love them will find this book powerful and meaningful beyond belief." - Kevin Hines Jesse Cohen graduated Magna Cum Laude from Brandeis University and received a Juris Doctor from Tulane University in 1998. Over 15 years Cohen practiced in Framingham, Massachusetts, focusing on criminal law and civil litigation before moving south, where he started writing. Writing was not only the most challenging endeavor of Jesse's life, but also, the most rewarding because he truly believed his story may save lives. Kevin Hines is a best-selling author, global public speaker, and award-winning documentary filmmaker. Kevin now travels the world

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sharing his story of hope, healing, and recovery while teaching people of all ages the art of wellness & the ability to survive pain with true resilience.

A vital and triumphant story of perseverance and recovery by one of Canada's foremost advocates for mental health When Mark Henick was a teenager in Cape Breton, Nova Scotia, he was overwhelmed by depression and anxiety that led to a series of increasingly dangerous suicide attempts. One night, he climbed onto a bridge over an overpass and stood in the wind, clinging to a girder. Someone shouted, "Jump, you coward!" Another man, a stranger in a brown coat, talked to him quietly, calmly and with deep empathy. Just as Henick's feet touched open air, the man in the brown coat encircled his chest and pulled him to safety. This near-death experience changed Henick's life forever. So-Called Normal is Henick's memoir about growing up in a broken home and the events that led to that fateful night on the bridge. It is a vivid and personal account of the mental health challenges he experienced in childhood and his subsequent journey toward healing and recovery.

The Golden Gate Bridge is one of the most beautiful and most photographed structures in the world. It's also the most deadly. Since it opened in 1937, more than 1,500 people have died jumping off the bridge, making it the top suicide site on earth. It's also the only international landmark without a suicide barrier. Weaving drama, tragedy, and politics against the backdrop of a world-famous city, *The Final Leap* is the first book ever written about Golden Gate Bridge suicides. John Bateson leads us on a fascinating journey that uncovers the reasons for the design decision that led to so many deaths, provides insight into the phenomenon of suicide, and examines arguments for and against a suicide barrier. He tells the stories of those who have died, the few who have survived, and those who have been affected—from loving families to the Coast Guard, from the coroner to suicide prevention advocates.

Barricaded in Cortège High with five other teens while zombies try to get in, Sloane Price observes her fellow captives become more unpredictable and violent as time passes although they each have much more reason to live than she has.

At twenty-years-old, Craig Miller attempted suicide. He sat on the edge of a bed and swallowed two hundred and fifty pills, never imagining that a note he wrote to himself fourteen years earlier would save his life. That note simply read, "Don't ever forget how this feels." From the time he was six-years-old, Craig lived his life by those words. He believed that if he needed to remember the feelings behind his life's most significant events, then there must be a reason why they happened. And for three extraordinary days following his suicide attempt, as he lay in the Intensive Care Unit floating in and out of consciousness, he found those reasons. He relived days from his childhood when his only friend became his assailant. He relived years of building a troubled relationship with God. He remembered when the pain of his life's tragedies finally caught up to him and he became the victim of severe obsessive compulsive disorder, relentless anxiety, and devastating irrational fear. After each memory, he awoke to the blurred reality of his suicide attempt. The struggle to fight his childhood assailant became a battle with doctors who worked to restrain him. The pain from a fist to his nose became the sting of a tube as it was pushed down his throat. And the memory of freezing alone on a cold winter night became the reality of a dark, lonely hospital room. But after each memory ended, Craig was left with the feeling that remained from reliving it. He felt the imprint it left within him- the deep desire to love, the desperate need to change, and the fiery will to fight. Craig Miller lay in a hospital bed for three days while his body fought for life, but his soul stood undecided on the threshold of existence. He relived the most pivotal moments of his life and saw himself from an entirely new perspective. He learned that God does not punish, and that love, no matter how bad it hurts, is worth it. He learned that compassion is to see the hurt in the eyes of another, no matter how bad we hurt ourselves. He learned that living in the darkness of mental illness can be one of the most powerful paths

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to self-discovery. And he learned that life, no matter how hard it gets, is worth living.

The 25th Anniversary ebook, now with more than 50 images. 'Touching the Void' is the tale of two mountaineer's harrowing ordeal in the Peruvian Andes. In the summer of 1985, two young, headstrong mountaineers set off to conquer an unclimbed route. They had triumphantly reached the summit, when a horrific accident mid-descent forced one friend to leave another for dead. Ambition, morality, fear and camaraderie are explored in this electronic edition of the mountaineering classic, with never before seen colour photographs taken during the trip itself.

Book one in the hit series that's soon to be a major motion picture starring Amandla Stenberg and Mandy Moore--now with a stunning new look and an exclusive bonus short story featuring Liam and his brother, Cole. When Ruby woke up on her tenth birthday, something about her had changed. Something alarming enough to make her parents lock her in the garage and call the police. Something that got her sent to Thurmond, a brutal government "rehabilitation camp." She might have survived the mysterious disease that killed most of America's children, but she and the others emerged with something far worse: frightening abilities they cannot control. Now sixteen, Ruby is one of the dangerous ones. But when the truth about Ruby's abilities--the truth she's hidden from everyone, even the camp authorities--comes out, Ruby barely escapes Thurmond with her life. On the run, she joins a group of kids who escaped their own camp: Zu, a young girl haunted by her past; Chubs, a standoffish brainiac; and Liam, their fearless leader, who is falling hard for Ruby. But no matter how much she aches for him, Ruby can't risk getting close. Not after what happened to her parents. While they journey to find the one safe haven left for kids like them--East River--they must evade their determined pursuers, including an organization that will stop at nothing to use Ruby in their fight against the government. But as they get closer to grasping the things they've dreamed of, Ruby will be faced with a terrible choice, one that may mean giving up her only chance at a life worth living.

Fans of classic frontier survival stories, as well as readers of dystopian literature, will enjoy this futuristic story where water is worth more than gold. New York Times bestselling author Michael Grant says *Not a Drop to Drink* is a debut "not to be missed." With evocative, spare language and incredible drama, danger, and romance, Mindy McGinnis depicts one girl's journey in a frontierlike world not so different from our own. Teenage Lynn has been taught to defend her pond against every threat: drought, a snowless winter, coyotes, and most important, people looking for a drink. She makes sure anyone who comes near the pond leaves thirsty—or doesn't leave at all. Confident in her own abilities, Lynn has no use for the world beyond the nearby fields and forest. But when strangers appear, the mysterious footprints by the pond, nighttime threats, and gunshots make it all too clear Lynn has exactly what they want, and they won't stop until they get it. . . . For more in this gritty world, join Lynn on an epic journey to find home in the companion novel, *In a Handful of Dust*.

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.

For fans of *PostSecret*, *Humans of New York*, and *If You Feel Too Much*, this collection from suicide-awareness organization

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Project Semicolon features stories and photos from those struggling with mental illness. Project Semicolon began in 2013 to spread a message of hope: No one struggling with a mental illness is alone; you, too, can survive and live a life filled with joy and love. In support of the project and its message, thousands of people all over the world have gotten semicolon tattoos and shared photos of them, often alongside stories of hardship, growth, and rebirth. Project Semicolon: Your Story Isn't Over reveals dozens of new portraits and stories from people of all ages talking about what they have endured and what they want for their futures. This represents a new step in the movement and a new awareness around those who struggle with mental illness and those who support them. At once heartfelt, unflinchingly honest, and eternally hopeful, this collection tells a story of choice: every day you choose to live and let your story continue on. Learn more about the project at www.projectsemicolon.com.

Betrayed. Sold. Tortured. Now she's fighting to rebuild her life. Detective Sapphire Hatcher was sold to human traffickers when she was sixteen. She was lucky. She was rescued, and now she has dedicated her life to saving others. When a criminal psychiatrist is brought in to work alongside her, she tries to ignore the way he makes her feel, but he won't let her. Gideon Barlow travels the country working with police departments on the most depraved of cases. When he meets Sapphire, the attraction is instantaneous, but if he can't help her realize that there is more to life than her job, she might end up losing not just her chance at happiness but her life as well. ? Trigger warning - mature content, issues of sexual assault/abuse, violence ? CRACKED SAPPHIRE is the first book in the Broken Gems series by USA Today bestselling author Jane Blythe. Murder, mystery, suspense, and love in this thrilling romantic suspense! Each book in the series can be read as a standalone but reading in order is encouraged, and each has a guaranteed HEA! Other books in the series Cracked Sapphire - Sapphire and Gideon's story Crushed Ruby - Ruby and Judah's story Fractured Diamond - Diamond and Elijah's story Shattered Amethyst - Amethyst and Zeb's story Splintered Emerald - Emerald and Noah's story Salvaging Marigold - Marigold and Jonah's story

Wall-E meets Hatchet in this New York Times bestselling illustrated middle grade novel from Caldecott Honor winner Peter Brown Can a robot survive in the wilderness? When robot Roz opens her eyes for the first time, she discovers that she is all alone on a remote, wild island. She has no idea how she got there or what her purpose is--but she knows she needs to survive. After battling a violent storm and escaping a vicious bear attack, she realizes that her only hope for survival is to adapt to her surroundings and learn from the island's unwelcoming animal inhabitants. As Roz slowly befriends the animals, the island starts to feel like home--until, one day, the robot's mysterious past comes back to haunt her. From bestselling and award-winning author and illustrator Peter Brown comes a heartwarming and action-packed novel about what happens when nature and technology collide.

Attempted Suicide: The Essential Guidebook for Loved Ones is the product of years of research and lived experience. This book provides the reader with: - a sense of community and normalcy - commonalities experienced by people who love someone who has attempted suicide - a guidebook for healing - hope and encouragement for the future - answers to frequently asked questions - timeline for experiences - guidance for emotions and incidents It is the author's greatest wish this book will provide the reader peace, hope and resources to assist on the journey back to health.

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A book of life quotes. All new and original thoughts directly from the author. An insightful point of view at living life with honor, integrity and respect. A must read for EVERYBODY.

Even as a reporter, Sheila Hamilton missed the signs as her husband Michael's mental illness unfolded before her. By the time she had pieced together the puzzle, it was too late. Her once brilliant, intense, and hilarious partner was dead within six weeks of a formal diagnosis of bipolar disorder, leaving his nine-year-old daughter and wife without so much as a note to explain his actions, a plan to help them recover from their profound grief, or a solution for the hundreds of thousands of dollars in debt that they would inherit from him. *All the Things We Never Knew* takes readers from Michael and Sheila's romance through the last three months of their life together and into the year after his death. It details their unsettling descent from ordinary life into the world of mental illness, and examines the fragile line between reality and madness. Now, a decade after Michael's death, Sheila and her daughter, Sophie, have learned the power of choosing life over retreat; let themselves love and trust again; and understand the importance of forgiveness. Their story will resonate with all those who have loved someone who suffers from bipolar disease and mental illness.

Unleashed by ancient geologic forces, a magnitude 8.25 earthquake rocked San Francisco in the early hours of April 18, 1906. Less than a minute later, the city lay in ruins. Bestselling author Simon Winchester brings his inimitable storytelling abilities to this extraordinary event, exploring the legendary earthquake and fires that spread horror across San Francisco and northern California in 1906 as well as its startling impact on American history and, just as important, what science has recently revealed about the fascinating subterranean processes that produced it—and almost certainly will cause it to strike again.

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.

Ruined. Tortured. Broken. What could have been the perfect childhood, turned into a hell that the devil himself would shy away from. I was forced to deal with an evil that would make the darkest of souls cringe. Lily Noel was scarred but beautiful. She was perfectly flawed and everything that I needed. Attraction bordered on obsession. Passion bordered on ecstasy. Addiction bordered on insanity. Nothing could get in the way of our love. Nothing...

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

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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.

From the "New York Times"-bestselling author of "Manic: A Memoir" comes a gripping and eloquent account of the awakening and unfolding of Cheney's bipolar disorder.

#1 NEW YORK TIMES BESTSELLER • NATIONAL BOOK AWARD WINNER • NAMED ONE OF TIME'S TEN BEST NONFICTION BOOKS OF THE DECADE • PULITZER PRIZE FINALIST • NATIONAL BOOK CRITICS CIRCLE AWARD FINALIST • ONE OF OPRAH'S "BOOKS THAT HELP ME THROUGH" • NOW AN HBO ORIGINAL SPECIAL EVENT Hailed by Toni Morrison as "required reading," a bold and personal literary exploration of America's racial history by "the most important essayist in a generation and a writer who changed the national political conversation about race" (Rolling Stone) NAMED ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE BY CNN • NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY The New York Times Book Review • O: The Oprah Magazine • The Washington Post • People • Entertainment Weekly • Vogue • Los Angeles Times • San Francisco Chronicle • Chicago Tribune • New York • Newsday • Library Journal • Publishers Weekly In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? *Between the World and Me* is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son—and readers—the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, *Between the World and Me* clearly illuminates the past, bravely confronts our present, and offers a transcendent vision for a way forward.

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This workbook delivers a hands-on resource, with a variety of tools that enable readers to recognize the early warning signs of an oncoming episode, develop plans for withstanding the seductive pull of manic episodes, and escape the paralysis of depression. 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.

"An intense, complex and disturbing story, bravely and beautifully told. I read *Drunk Mom* with my jaw on the floor, which doesn't happen to me that often." —Lena Dunham Three years after giving up drinking, Jowita Bydlowska found herself throwing back a glass of champagne like it was ginger ale. It was a special occasion: a party celebrating the birth of her first child. It also marked Bydlowska's immediate, full-blown return to crippling alcoholism. In the gritty and sometimes grimly comic tradition of the bestselling memoirs *Lit* by Mary Karr and *Smashed* by Koren Zailckas, *Drunk Mom* is Bydlowska's account of the ways substance

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abuse took control of her life—the binges and blackouts, the humiliations, the extraordinary risk-taking—as well as her fight toward recovery as a young mother. This courageous memoir brilliantly shines a light on the twisted logic of an addicted mind and the powerful, transformative love of one's child. Ultimately it gives hope, especially to those struggling in the same way.

In a dark future, when North America has split into two warring nations, 15-year-olds Day, a famous criminal, and June, the brilliant soldier hired to capture him, discover that they have a common enemy.P. Putnam's Sons.

Wise recollects her near fatal suicide attempt following the death of her young husband from Lou Gehrig's Disease. This account of the entire process navigated through therapy is told from the rare perspective of the patient, yet is written for people who sit on both sides of the couch.

The morning Kristin Tierney awoke and found herself lying on a dirty mattress on the floor of a Portland crack house, only two things were certain: life as she knew it no longer existed and she had no one to thank for that but herself. She hadn't meant to blow up her world. She had simply run out of unhealthy coping mechanisms. Ways to escape. Things to numb her. All in an effort to quiet the voice of her inner critic. It had taunted her for most of her life. Telling her she was not lovable. Not worthy. Not enough. For the next seven years, unable or unwilling to quit crack, she hit one bottom after another. Only to learn there would another and then another and another. Each more painful and hopeless. Each closing off another avenue of escape. Then the day arrived when, during perhaps her darkest hour, she experienced a miracle - a moment of divine intervention. In that moment, she surrendered; freeing herself enough to receive God's grace. And a gift of sufficient strength and courage to forever change her life. In the months and years to follow, she learned why she had to be stripped of everything that had once seemed so important. Without that she never would have found the one thing that had been missing all her life - a sense of self. As she reclaimed her life, her recovery evolved into re-birth. She embraced her inner beauty, flaws and all, and finally gave herself permission to be everything she was created to be. Cracked . . . Not Broken tells the story of Kristin's epic journey. Often frightening and heart-wrenching, it is a powerful testament of recovery and redemption.

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