

How I Stayed Alive When My Brain Was Trying To Kill Me One Persons Guide Suicide Prevention Susan Rose Blauner

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Children of Jonah - James T. Clemons 2001

A unique collection of deeply moving stories by survivors of suicide attempts who decided to choose life instead. With a foreword by singer-songwriter, Judy Collins, herself a survivor of a suicide attempt

Step Back from the Exit - Jillayne Arena 1995

Give Life Another Chance - Shaun Vince 2019-04-25

Suicide is the 10th leading cause of death in the world. According to the World Health, more than 1 million people die from suicide each year.

This means that one person dies from suicide every forty seconds. This rate is expected to rise in the next few years. There are many things that cause suicide ideation, but the most common one is

depression. Depression makes you feel stuck and trapped. When you're depressed, you feel like you're in a deep black tunnel and there's no way out. You feel like you're just walking aimlessly through life. You've lost

interest in the things you used to love. You're in pain on some days. But, on some days, you're just numb. There are days when you want to hurt or

kill yourself, not because you want to die, but because you just want all the pain and numbness to end. If you're depressed or you're thinking

about suicide, this book is specially written for you. This book is also

written for people who want to help their depressed and suicidal loved ones. This book contains valuable, but easy-to-follow tips and strategies

that you can use to manage the symptoms of depression and remove suicidal thoughts. In this book, you'll learn: What depression is and how

you can manage it What causes depression What suicidal ideation

is Relation of suicidal ideation and depression The difference between

suicidal ideation and depression Factors and mental health conditions

that cause suicide How to ask for help when you start to think suicidal

thoughts The magic of cognitive behavior therapy and how it can help you

ward off your suicidal thoughts How to identify a suicidal person How to

help someone with depression or suicidal thoughts The symptoms and

signs of suicide ideation How to assess suicide risk How to ask for help

whenever you have suicidal feelings What cognitive behavioral therapy is

and how it can prevent suicide What cognitive restructuring is How to use

it to develop a positive mindset Over 100 self-help tips that you can use to

reduce the symptoms of depression and help remove suicidal

thoughts Thirteen self-love tips that you can use 100 affirmations that can

help you fight depression and get rid of your suicidal thoughts How

gratitude can change your perspective and make you a happier person 50

things that you should grateful for How to kill your suicidal thoughts with

random acts of kindness 100 random acts of kindness that you can try to

add meaning and purpose to your life How you can achieve inner peace

through regular meditation practice How to incorporate pleasurable

activities into your daily schedule Fifty pleasurable activities that you can

use to reduce the symptoms of depression And more! This book contains a

checklist that you can use to identify suicidal people. You'll also find a

comprehensive list of international suicide crisis hotlines. In this book,

you'll find examples that are based on real life stories. Some stories will

inspire you; while some will simply help you understand what it's like to

have depression and suicidal thoughts. Life is messy, confusing, and

sometimes painful. If you ever feel like giving up, pause and realize that

everything in this life is temporary. Things will get better. The best is yet

to come. You just have to give life another chance. Thanks for

downloading this book, I hope you enjoy it

Why We Sleep - Matthew Walker 2017-10-03

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in

the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"-- Amazon.com.

The Suicide Solution - Daniel Emina 2021-09-14

This is a book for people who are struggling to find their way out of a cave of anxiety, depression, and suicidal thoughts—and for anyone who cares for someone who's been lost in that cave. Suicide is now the leading cause of death among young adults 18-34, and the fourth-leading cause of death among the middle-aged. Just as a computer's hardware determines its foundational capabilities and its software determines how it interfaces with the world, humans' hardware is tied to our biology and our software dictates how we relate to others and ourselves. Together, these parts of our identity determine our functionality, limitations, and possibilities. We become the story we have decided to live inside. When Jesus said, "I have come to set captives free," He meant that He came to "de-bug" our programming. Jesus invites us to partner with Him to bring to the surface and then move past our debilitating bugs. This book is a conversation between a minister and a psychiatrist. Informed by the clinical realities of anxiety, depression, and suicide, the authors draw from the transformational relational strategies of Jesus to chart a path into life and freedom.

SAVING OURSELVES from SUICIDE - BEFORE and After - Linda Pacha 2020-04-29

Nick, a kindhearted nineteen-year-old, walked from his college campus to a tall bridge and jumped into the Mississippi. The lost body, the subsequent jumpers . . . suddenly the unthinkable became unfathomable.

Linda Pacha takes you on a powerful journey through her son's heartbreaking life story-----including ongoing bullying, not fitting in, and

ultimately suffering from mental health issues-----as well as her family's grief process, offering guidance to save others from suicide and help

those grieving in the aftermath of loss. Her hope is that you will benefit from these insights gained from hindsight to help yourself, your family,

or your friends. Suicide prevention-----Access to real-life examples of

suicide warning signs missed in Nick's last behaviors and

communications; discussion of mental health issues as a risk factor; an

inside look at private challenges and bullying; and ways to help those

struggling to stay alive. Self-help/grief after loss-----Recommendations on

navigating the grief process, including the challenging steps back into

society, new family dynamics, and necessary choices after loss;

explanation of the stigma, judgment, and misconceptions of mental

health and suicide; and ways to help loss survivors. Tips for a better

tomorrow-----Practical suggestions for reducing the pressure we put on

ourselves and our youth and for creating a more compassionate world.

Out of the Nightmare - David L. Conroy 2006

Out of the Nightmare. An all-out assault on the barriers that stand

between you and recovery from depression and suicidal pain. .

decomposes recovery from depression into recovery from envy, shame,

self-pity, grandiosity, fear, stigma, social abuse, and the double binds and

vicious circles of the mythology of suicide. ...a drug-free approach to

getting better and staying better. This book provides counselors with a

bold new non-technical framework that is free from the prejudices that

deter the suicidal from seeking help. It provides those who have lost a

loved one to suicide with a broad array of new conceptual tools to

understand the tragedy and to find help for stuck positions of

bereavement. Most importantly, it provides all those who suffer from

depression with hundreds of resources to find their way out of the

nightmare.

Broken Arrow Boy - Adam Moore 1990

Adam Moore describes how he suffered a serious brain injury and recovered with medical help and family support.

The Hungry Brain - Stephan J. Guyenet, Ph.D. 2017-02-07

A Publishers Weekly Best Book of the Year From an obesity and neuroscience researcher with a knack for engaging, humorous storytelling, *The Hungry Brain* uses cutting-edge science to answer the questions: why do we overeat, and what can we do about it? No one wants to overeat. And certainly no one wants to overeat for years, become overweight, and end up with a high risk of diabetes or heart disease--yet two thirds of Americans do precisely that. Even though we know better, we often eat too much. Why does our behavior betray our own intentions to be lean and healthy? The problem, argues obesity and neuroscience researcher Stephan J. Guyenet, is not necessarily a lack of willpower or an incorrect understanding of what to eat. Rather, our appetites and food choices are led astray by ancient, instinctive brain circuits that play by the rules of a survival game that no longer exists. And these circuits don't care about how you look in a bathing suit next summer. To make the case, *The Hungry Brain* takes readers on an eye-opening journey through cutting-edge neuroscience that has never before been available to a general audience. *The Hungry Brain* delivers profound insights into why the brain undermines our weight goals and transforms these insights into practical guidelines for eating well and staying slim. Along the way, it explores how the human brain works, revealing how this mysterious organ makes us who we are.

Beating Brain Fog - Sabina Brennan 2021-03-04

'A brilliant new book.' Good Housekeeping 'Replete with research-based tips, this is a valuable resource for anyone wanting to know more about the difficulties of coping with brain fog.' Professor Shane O'Mara, Professor of Experimental Brain Research, Trinity College Dublin 'In this fascinating book neuroscientist Dr Sabina Brennan enters into a world so many of us can relate to, yet few dare discuss. A must-read.' Dr Harry Barry, bestselling author of *Anxiety and Panic* and *Emotional Healing* 'A real game-changer. Finally a book that explains and recognises brain fog and that offers practical tips to deal with something that's very real for a lot of people. Do your brain a favour and read this book.' Dermot Whelan, comedian, television and radio presenter 'Sabina Brennan has skilfully translated the neuroscience of brain fog for the general reader. Having experienced brain fog myself, I found this book absolutely fascinating, insightful and really practical.' Sinead Moriarty, bestselling novelist If you complain of brain fog to a medical professional, you're likely to be told that it isn't a recognised condition. But if you mention brain fog to your friends, they'll know exactly what you mean: fuzzy thinking, trouble concentrating, a sense of grasping for the right word, feeling like your brain is somehow slowed down. In truth, brain fog is not a diagnosis in itself, but a sign that things aren't right in your body. In *Beating Brain Fog*, neuroscientist Dr Sabina Brennan guides us through the science to show how our brains work, and why we might experience confusion and anxiety. She offers tools to help you identify your own cognitive profile, determining the causes of your specific symptoms, and explains the simple strategies that can help you feel like yourself again. With brain fog now identified as one of the long-term effects of Covid-19, there has never been a more timely moment to tackle your symptoms, with Dr Brennan's unique 30-day plan. *Beating Brain Fog* takes your symptoms seriously, and shows that you don't have to live with them.

Mindfulness-Based Cognitive Therapy with People at Risk of Suicide - J. Mark G. Williams 2017-03-24

Grounded in extensive research and clinical experience, this book describes how to adapt mindfulness-based cognitive therapy (MBCT) for participants who struggle with recurrent suicidal thoughts and impulses. Clinicians and mindfulness teachers are presented with a comprehensive framework for understanding suicidality and its underlying vulnerabilities. The preliminary intake interview and each of the eight group mindfulness sessions of MBCT are discussed in detail, highlighting issues that need to be taken into account with highly vulnerable people. Assessment guidelines are provided and strategies for safely teaching core mindfulness practices are illustrated with extensive case examples. The book also discusses how to develop the required mindfulness teacher skills and competencies. Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices, narrated by Zindel Segal, Mark Williams, and John Teasdale. (Published in hardcover as *Mindfulness and the Transformation of Despair: Working with People at Risk of Suicide*.) See also *Mindfulness-Based Cognitive Therapy for Depression*, Second Edition, by Zindel

Segal, Mark Williams, and John Teasdale, the authoritative presentation of MBCT.

Out of My Mind - Sharon M. Draper 2012-05

Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

A Parent's Guide for Suicidal and Depressed Teens - Kate Williams 1995

A Parent's Guide for Suicidal and Depressed Teens
I Love Jesus, But I Want to Die - Sarah J. Robinson 2021-05-11
A compassionate, shame-free guide for your darkest days "A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized."—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn't cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to "choose joy" and "pray more." So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you're left wondering if God has abandoned you. You just want a way out. But there's hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path toward a rich, hope-filled life in Christ, even when healing doesn't look like what you expect.
How I Stayed Alive When My Brain Was Trying to Kill Me, Revised Edition - Susan Rose Blauner 2019-06-25

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) "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.

Suicide - Boris Kilian 2021-08-11

The subject of suicide is still taboo. Politicians, doctors and the church think they have sovereignty over our death. Yet the time and manner of our death should be entirely in our own hands. This book presents safe methods for a peaceful suicide. Methods that everyone can implement themselves, without having to rely on the mercy of others. With detailed schedules: in it the exact step-by-step preparation, the names of concrete medicines, dose indications and sources. Among others, the following methods are presented: ♦ Helium ♦ Antimalarial drugs ♦ Opiats ♦ Barbiturates

Rethinking Suicide - Craig J. Bryan 2021

"When I joined the Air Force in 2005, hostilities in Iraq were escalating, resulting in more frequent and longer deployments for just about everyone serving in the military, including psychologists. Soon thereafter, the suicide rate among military personnel also started to rise, especially in the Army and Marine Corps. During the first few years of

that upward trend, the general sense was that the military was just having a few "bad years." In 2008, however, the age- and gender-adjusted Army and Marine suicide rates surpassed the U.S. general population rate. By the time I deployed to Iraq in February 2009, the military suicide rate had been rising steadily for three consecutive years; the initial assumption that we were simply experiencing a few bad years had dissolved, and an uncomfortable recognition that we had a clear problem on our hands had taken hold"--

Why People Die by Suicide - Thomas Joiner 2007-09-30

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.

My Stroke of Insight - Jill Bolte Taylor 2008-05-12

"Transformative...[Taylor's] experience...will shatter [your] own perception of the world."—ABC News The astonishing New York Times bestseller that chronicles how a brain scientist's own stroke led to enlightenment On December 10, 1996, Jill Bolte Taylor, a thirty-seven-year-old Harvard-trained brain scientist experienced a massive stroke in the left hemisphere of her brain. As she observed her mind deteriorate to the point that she could not walk, talk, read, write, or recall any of her life—all within four hours—Taylor alternated between the euphoria of the intuitive and kinesthetic right brain, in which she felt a sense of complete well-being and peace, and the logical, sequential left brain, which recognized she was having a stroke and enabled her to seek help before she was completely lost. It would take her eight years to fully recover. For Taylor, her stroke was a blessing and a revelation. It taught her that by "stepping to the right" of our left brains, we can uncover feelings of well-being that are often sidelined by "brain chatter." Reaching wide audiences through her talk at the Technology, Entertainment, Design (TED) conference and her appearance on Oprah's online Soul Series, Taylor provides a valuable recovery guide for those touched by brain injury and an inspiring testimony that inner peace is accessible to anyone.

My Brain on Fire - Leonard Pitt 2016-03-01

This is Leonard Pitt's story of growing up the misfit in Detroit in the 1940s and 50s. In a later age he would have been put on Ritalin and paraded before psychiatrists because he couldn't pay attention in school. In 1962, at the end of a misguided foray towards a career in advertising he took the ultimate cure, a trip to Paris. He thought it would only be a visit. He stayed seven years. There in the City of Light, Leonard's mind exploded. And it hasn't stopped since. Studying mime with master Etienne Decroux and living in Paris were the university he never knew. This inspiration unleashed a voracious appetite to understand the "why" of things. He asked a simple question, "Why did the ballet go up?" While building a theatre career performing and teaching, he embarked on a quest to study the origins of the ballet, the history of early American popular music, the pre-Socratic philosophers, early modern science, the European witch hunt, the history of Paris, and more. To his unschooled mind it all fits together. Who would see a historical arc between Louis XIV and Elvis Presley? Leonard does. And he'll tell you about it.

The "God" Part of the Brain - Matthew Alper 2008-09-01

Is Man the product of a God...or is "God" the product of human evolution? From the dawn of our species, every human culture—no matter how isolated—has believed in some form of a spiritual realm. According to author Matthew Alper, this is no mere coincidence but rather due to the fact that humans, as a species, are genetically predisposed to believe in the universal concepts of a god, a soul and an afterlife. This instinct to believe is the result of an evolutionary adaptation—a coping mechanism—that emerged in our species to help us survive our unique and otherwise debilitating awareness of death. Spiritual seekers and atheists alike will be compelled and transformed by Matthew Alper's classic study of science and religion. The 'God' Part of the Brain has gained critical acclaim from some of the world's leading scientists, secular humanists, and theologians, and is as a must read for anyone who has pondered the question of God's existence, as well as the meaning of our own. Praise for *The "God" Part of the Brain* "This cult classic in many ways parallels Rene Descartes' search for reliable and certain knowledge...Drawing on such disciplines as philosophy, psychology, and biology, Alper argues that belief in a spiritual realm is an evolutionary coping method that developed to help humankind deal with the fear of death...Highly recommended."—Library Journal "I very much enjoyed the account of

your spiritual journey and believe it would make excellent reading for every college student - the resultant residence-hall debates would be the best part of their education. It often occurs to me that if, against all odds, there is a judgmental God and heaven, it will come to pass that when the pearly gates open, those who had the valor to think for themselves will be escorted to the head of the line, garlanded, and given their own personal audience." — Edward O. Wilson, two-time Pulitzer Prize-Winner

"This is an essential book for those in search of a scientific understanding of man's spiritual nature. Matthew Alper navigates the reader through a labyrinth of intriguing questions and then offers undoubtedly clear answers that lead to a better understanding of our objective reality." — Elena Rusyn, MD, PhD; Gray Laboratory; Harvard Medical School "What a wonderful book you have written. It was not only brilliant and provocative but also revolutionary in its approach to spirituality as an inherited trait."— Arnold Sadwin, MD, former chief of Neuropsychiatry at the University of Pennsylvania "A lively manifesto...For the discipline's specific application to the matter at hand, I've seen nothing that matches the fury of *The 'God' Part of the Brain*, which perhaps explains why it's earned something of a cult following." — Salon.com "All 6 billion plus inhabitants of Earth should be in possession of this book. Alper's tome should be placed in the sacred writings' section of libraries, bookstores, and dwellings throughout the world. Matthew Alper is the new Galileo...Immensely important...Defines in a clear and concise manner what each of us already knew but were afraid to admit and exclaim."— John Scoggins, PhD "Vibrant ... vivacious. An entertaining and provocative introduction to speculations concerning the neural basis of spirituality."— Free Inquiry Magazine

The Body Keeps the Score - Bessel A. Van der Kolk 2015-09-08

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

Fahrenheit 451 - Ray Bradbury 2003-09-23

A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.

How I Stayed Alive When My Brain Was Trying to Kill Me - Susan Rose Blauner 2009-10-13

"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 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.

How I Stayed Alive When My Brain Was Trying to Kill Me - Susan Rose Blauner 2003-07-08

The statistics on suicide are staggering. According to the US Center for Disease Control and Prevention, in 1997 in the USA more teenagers and young adults died from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza and chronic lung disease combined. It is also an international epidemic. Susan Blauner is the perfect emissary for a message of hope and a program of action for these millions of people. She's been through it, and speaks and writes eloquently about feelings and fantasies surrounding suicide.

The Suicidal Thoughts Workbook - Kathryn Hope Gordon 2021-07-01

If you or someone you love is dealing with a crisis right now, please call 1-800-273-8255 to reach the National Suicide Prevention Lifeline. A compassionate guide to managing suicidal thoughts and finding hope If you're struggling with suicidal thoughts, please know that you are not alone and that you are worthy of help. Your life and well-being matter. When you're suffering, life's challenges can feel overwhelming and even insurmountable. This workbook is here to help you find relief and solutions when suicidal thoughts take over. Grounded in cognitive behavioral therapy (CBT), this compassionate workbook offers practical tools to guide you toward a place of hope. It will help you identify your reasons for living, manage intense emotions and painful thoughts, and create a safe environment when you are in a crisis. You'll also find ways to strengthen social connections, foster self-compassion, and rediscover activities that bring joy and meaning to your life. This workbook is here

to support you. However you are feeling at this moment, remember the following: You are worth it, you are loved, and you matter.

Admissions - Henry Marsh 2017-10-03

The 2017 National Book Critics Circle (NBCC) Finalist, International Bestseller, and a Kirkus Best Nonfiction Book of 2017! "Marsh has retired, which means he's taking a thorough inventory of his life. His reflections and recollections make *Admissions* an even more introspective memoir than his first, if such a thing is possible." —The New York Times "Consistently entertaining...Honesty is abundantly apparent here—a quality as rare and commendable in elite surgeons as one suspects it is in memoirists." —The Guardian "Disarmingly frank storytelling...his reflections on death and dying equal those in Atul Gawande's excellent *Being Mortal*." —The Economist Henry Marsh has spent a lifetime operating on the surgical frontline. There have been exhilarating highs and devastating lows, but his love for the practice of neurosurgery has never wavered. Following the publication of his celebrated New York Times bestseller *Do No Harm*, Marsh retired from his full-time job in England to work pro bono in Ukraine and Nepal. In *Admissions* he describes the difficulties of working in these troubled, impoverished countries and the further insights it has given him into the practice of medicine. Marsh also faces up to the burden of responsibility that can come with trying to reduce human suffering. Unearthing memories of his early days as a medical student, and the experiences that shaped him as a young surgeon, he explores the difficulties of a profession that deals in probabilities rather than certainties, and where the overwhelming urge to prolong life can come at a tragic cost for patients and those who love them. Reflecting on what forty years of handling the human brain has taught him, Marsh finds a different purpose in life as he approaches the end of his professional career and a fresh understanding of what matters to us all in the end.

Change Your Brain, Change Your Life - Daniel G. Amen, M.D. 2008-06-10

BRAIN PRESCRIPTIONS THAT REALLY WORK In this breakthrough bestseller, you'll see scientific evidence that your anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how specific structures in your brain work. You're not stuck with the brain you're born with. Here are just a few of neuropsychiatrist Dr. Daniel Amen's surprising—and effective—"brain prescriptions" that can help heal your brain and change your life: To Quell Anxiety and Panic: Use simple breathing techniques to immediately calm inner turmoil To Fight Depression: Learn how to kill ANTs (automatic negative thoughts) To Curb Anger: Follow the Amen anti-anger diet and learn the nutrients that calm rage To Conquer Impulsiveness and Learn to Focus: Develop total focus with the "One-Page Miracle" To Stop Obsessive Worrying: Follow the "get unstuck" writing exercise and learn other problem-solving exercises

How Can I Get Through to You? - Terrence Real 2010-05-11

"What happened to the passion we started with? Why aren't we as close as we used to be?" **PROBLEM:** If you are a woman who is unfulfilled in your marriage...if you feel unheard or overburdened...if you quietly live in a state of slow-burn resentment... **PROBLEM:** If you are a man unhappy that your partner seems so unhappy with you...if you feel bewildered, unappreciated, or betrayed... This book offers a solution Bestselling author and nationally renowned therapist Terrence Real unearths the causes of communication blocks between men and women in this groundbreaking work. Relationships are in trouble; the demand for intimacy today must be met with new skills, and Real -- drawing on his pioneering work on male depression -- gives both men and women those skills, empowering women and connecting men, radically reversing the attitudes and emotional stumbling blocks of the patriarchal culture in which we were raised. Filled with powerful stories of the couples Real treats, no other relationship book is as straight talking or compelling in its innovative approach to healing wounds and reconnecting partners with a new strength and understanding.

Suicidal - Jesse Bering 2020-10-23

For much of his thirties, Jesse Bering thought he 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 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.

The Valedictorian of Being Dead - Heather B. Armstrong 2019-04-23

From New York Times bestselling author and blogger Heather B. Armstrong comes an honest and irreverent memoir—reminiscent of the New York Times bestseller *Brain on Fire*—about her experience as the third person ever to participate in an experimental treatment for depression involving ten rounds of a chemically induced coma approximating brain death. For years, Heather B. Armstrong has alluded to her struggle with depression on her website, dooce. It's scattered throughout her archive, where it weaves its way through posts about pop culture, music, and motherhood. In 2016, Heather found herself in the depths of a depression she just couldn't shake, an episode darker and longer than anything she had previously experienced. She had never felt so discouraged by the thought of waking up in the morning, and it threatened to destroy her life. For the sake of herself and her family, Heather decided to risk it all by participating in an experimental clinical trial. Now, for the first time, Heather recalls the torturous eighteen months of suicidal depression she endured and the month-long experimental study in which doctors used propofol anesthesia to quiet all brain activity for a full fifteen minutes before bringing her back from a flatline. Ten times. The experience wasn't easy. Not for Heather or her family. But a switch was flipped, and Heather hasn't experienced a single moment of suicidal depression since. "Breathtakingly honest" (Lisa Genova, New York Times bestselling author), self-deprecating, and scientifically fascinating, *The Valedictorian of Being Dead* brings to light a groundbreaking new treatment for depression. *The Valedictorian of Being Dead* was previously published with the subtitle "The True Story of Dying Ten Times to Live."

Hello I Want to Die Please Fix Me - Anna Mehler Paperny 2020-03-31

The eye-opening and engrossing story of one woman's battle with suicidal depression—and her firsthand investigative journey to document the obstacles three hundred million people with depression face every day around the world

The Neuroscientist Who Lost Her Mind - Barbara K. Lipska 2018-04-03

In the tradition of *My Stroke of Insight* and *Brain on Fire*, this powerful memoir recounts Barbara Lipska's deadly brain cancer and explains its unforgettable lessons about the brain and mind. Neuroscientist Lipska was diagnosed early in 2015 with metastatic melanoma in her brain's frontal lobe. As the cancer progressed and was treated, she experienced behavioral and cognitive symptoms connected to a range of mental disorders, including dementia and her professional specialty, schizophrenia. Lipska's family and associates were alarmed by the changes in her behavior, which she failed to acknowledge herself. Gradually, after a course of immunotherapy, Lipska returned to normal functioning, amazingly recalled her experience, and through her knowledge of neuroscience identified the ways in which her brain changed during treatment. Lipska admits her condition was unusual; after recovery she was able to return to her research and resume her athletic training and compete in a triathlon. Most patients with similar brain cancers rarely survive to describe their ordeal. Lipska's memoir, coauthored with journalist Elaine McArdle, shows that strength and courage but also an encouraging support network are vital to recovery.

The Memory of Light - Francisco X. Stork 2016-01-26

"When Vicky Cruz wakes up in the Lakeview Hospital Mental Disorders ward, she knows one thing: After her suicide attempt, she shouldn't be alive. But then she meets Mona, the live wire; Gabriel, the saint; E.M., always angry; and Dr. Desai, a quiet force. With stories and honesty, kindness and hard work, they push her to reconsider her life before Lakeview, and offer her an acceptance she's never had. But Vicky's newfound peace is as fragile as the roses that grow around the hospital. And when a crisis forces the group to split up, sending Vicky back to the life that drove her to suicide, she must try to find her own courage and strength. She may not have them. She doesn't know. Inspired in part by the author's own experience with depression, *The Memory of Light* is the

rare young adult novel that focuses not on the events leading up to a suicide attempt, but the recovery from one -- about living when life doesn't seem worth it, and how we go on anyway."

Getting Past Your Past - Francine Shapiro 2013-03-26

A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. *Getting Past Your Past* offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

Suicide - Paul G. Quinnett 1992

This is a frank, compassionate 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.

The Brain That Changes Itself - Norman Doidge 2007-03-15

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact,

possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

Waking Up - Terry L. Wise 2004

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.

How to Stay Alive in the Woods - Bradford Angier 1962

An excellent manual on the outdoors and wilderness survival.

The Center Cannot Hold - Elyn R. Saks 2007-08-14

A much-praised memoir of living and surviving mental illness as well as "a stereotype-shattering look at a tenacious woman whose brain is her best friend and her worst enemy" (Time). Elyn R. Saks is an esteemed professor, lawyer, and psychiatrist and is the Orrin B. Evans Professor of Law, Psychology, Psychiatry, and the Behavioral Sciences at the University of Southern California Law School, yet she has suffered from schizophrenia for most of her life, and still has ongoing major episodes of the illness. *The Center Cannot Hold* is the eloquent, moving story of Elyn's life, from the first time that she heard voices speaking to her as a young teenager, to attempted suicides in college, through learning to live on her own as an adult in an often terrifying world. Saks discusses frankly the paranoia, the inability to tell imaginary fears from real ones, the voices in her head telling her to kill herself (and to harm others), as well as the incredibly difficult obstacles she overcame to become a highly respected professional. This beautifully written memoir is destined to become a classic in its genre.