

# How I Stayed Alive When My Brain Was Trying to Kill Me

ONE PERSON'S GUIDE TO  
SUICIDE PREVENTION

**Susan Rose Blauner**

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

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*The Forgotten Mourners* Magdaline Desousa, John's Sister, 2011-12-21  
Laceys Sister 3 29 13 Davids Sister 10 26 12 Bella 8 21 12  
A sibling loss to suicide is even more unique because the sibling s left behind are often forgotten mourning the loss of their brother or sister alone in the shadows of their parents grief This book discusses some of the challenges sibling survivors of suicide will face both individually and as a family unit including What can I expect during the grieving process as a sibling survivor of suicide How can I set boundaries to take care of myself Will my relationship with my parents change How do I answer questions about my now departed sibling What can I do to get through the holidays and anniversaries How do I keep my brother or sister alive in my life without him or her physically present These questions and more are answered directly from the authors experiences following the loss of her eighteen year old brother to suicide in November 2001 Hopefully her experiences will give sibling survivors of suicide a bit of strength hope and peace in navigating the long road to healing ahead  
*I'm Not Crazy* I'm Not Crazy, 2010-08  
Teens It isn't fair that you have depression or bipolar disorder You can continue along the same path but chances are if someone gave you this workbook that path isn't the best Working through these pages will help you understand what the heck everyone is talking about You might even see some of your behaviors and thoughts It has practical suggestions to help you cope What does it hurt to try Ultimately it is your choice to work through the issues But it's kinda nice to see that you aren't the only one to have these crazy thoughts  
**Miracles All Around Me** Marsha Burris, 2014-02-28  
In *Miracles All Around Me* The Unexpected Gifts of My Mother's Alzheimer's the author chronicles her role as primary caregiver to her mother who struggled with early onset Alzheimer's the final decade of her life while also confronting the challenges of her father's stroke and her brother's suicide Help and guidance appeared along the way and surprisingly revealed silver linings to the dark clouds of emotional pain that is involved in end of life issues This is a candid gritty and often witty account of negotiating nursing homes hospice funeral homes doctors lawyers the Veterans Administration and Social Security Marsha Burris array of experiences prompted an interest in Reiki and other alternative medicine approaches and produced a growth in the maturity of her spirituality  
*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](http://www.save.org)  
I continued to romanticize my death by suicide who would find me what I'd look like I spent hundreds of hours planning my funeral imagining the remorse of my family and friends I

wrote good bye letters composed wills and disrupted the lives of everyone close to me Then reality hit Susan Rose Blauner The statistics on suicide are staggering The World Health Organization estimates that nearly 800 000 people die by suicide every year which is one person every 40 seconds and for each completed suicide there may be twenty or more attempts In How I Stayed Alive When My Brain Was Trying to Kill Me Susan Blauner is the perfect emissary for a message of hope and a program of action for these millions of people A survivor of multiple suicide attempts she explains the complex feelings and fantasies that surround suicidal thoughts In a direct nonjudgmental and loving voice she offers affirmations and suggestions for those experiencing life ending thoughts and for their friends and family With an introduction by Bernie Siegel M D this important timely book has now been updated with a revised resources section and a new chapter on the author s experiences since the book s initial publication

**Culture, Suicide, and the Human Condition** Marja-Liisa Honkasalo, Miira Tuominen, 2014-03-01 Suicide is a puzzling phenomenon Not only is its demarcation problematic but it also eludes simple explanation The cultures in which suicide mortality is high do not necessarily have much else in common and neither is a single mental illness such as depression sufficient to lead a person to suicide In a word despite its statistical regularity suicide is unpredictable on the individual level The main argument emerging from this collection is that suicide should not be understood as a separate realm of pathological behavior but as a form of human action As such it is always dependent on the decision that the individual makes in a cultural ethical and socio economic context but the context never completely determines the decision This book also argues that cultural narratives concerning suicide have a problematic double function in addition to enabling the community to make sense of self inflicted death they also constitute a blueprint depicting suicide as a solution to common human problems

**A Thousand Moments of Solitude** Federico Sanchez, 2006-04-10 On November 12 2002 at the age of twenty two my son Mitchell committed suicide His sudden and unexpected death sent me reeling down a path I needed to travel if I ever wanted to escape the forest of grief and loss in which I found myself This book recounts my journey to come to terms with the death of my son The path I started down to fulfill a promise I had made to my son while he was alive to find answers to the mental problems he suffered took me places I had not anticipated The path became a network of four intersecting paths and my journey took me far beyond the death of a son to the human condition where we are governed by forces both internal and external over which we have little control and little understanding Intricately connected the four paths explored in this book are 1 the autobiographical the story of my life with my son Mitchell as we struggled with the mental problems that eventually led to his suicide 2 the diagnostic the various diagnostic tools available to psychiatrists which illustrate the level of knowledge in the field and show some of the failings of our present approach to mental disorders 3 historical fiction narrative accounts of the lives and deaths by suicide of both historical and fictional characters including the son of Queen Isabella of Spain Meriwether Lewis Vincent Van Gogh Miguel a slave working at the Count of Valencianas silver mine La Boca del Infierno in 18th century Mexico and Michele a passenger on the Titanic

By telling these stories sometimes in the first person I found a way to express my own anguish and pain something I could not do directly as well as a way to explore further my relationship with my son and my sons complexity and fullness as a person 4 scientific explanation of how the brain works a theory of how the brain works explaining in detail how mental images and thoughts are formed and travel through the nervous system how we live in a world of illusions and how mental illness can be explained in these terms These four paths are intricately connected and reinforce each other in the book The diagnostic explains in technical terms what the autobiographical recounts the autobiographical recounts events which help to explain the complexities and subtleties of human behavior within the context of how the brain works the historical fiction ties into the autobiographical elements and the diagnostic The book also confronts the issue of suicide itself It answers that elusive question Why do people commit suicide The book presents a personal honest biographical testimonial of the experience of the suicide of a son The book speaks from experience not some abstract philosophical point of view The organization and contents of the book are unique a weaving together of four distinct yet related subjects the suicide of a son the classification of mental illnesses narratives of historical fiction and a theory of how the brain works The most outstanding feature of this book is that it presents for the first time to my knowledge a comprehensive theory of the brain that explains mental disorders such as dementia delirium depression manic depression and schizophrenia For the first time suicide is placed in a scientific context and why and how it happens is explained In particular the brain theory here is presented in a simplified form accessible to most particularly because of the anecdotes and stories that help illustrate how the brain functions and malfunctions The book also deals with other related subjects the importance of love in our lives the possibilities of past lives how to deal with grief and loss the possible reasons for the rise of suicide rates in industrialized nations the failures of the system to cure and prevent suicide and other mental disorders and possible directions that therapies and medications might explore in the future The writing is forceful

**Deviant Behavior** Charles H. McCaghy, Timothy A. Capron, J.D. Jamieson, Sandra Harley H. Carey, 2016-01-08 Using the framework of interest group conflict this text combines a balanced comprehensive overview of the field of deviance with first hand expertise in the workings of the criminal justice system Deviant Behavior Seventh Edition surveys a wide range of topics from explanations regarding crime and criminal behavior measurement of crime violent crime and organizational deviance to sexual behavior mental health and substance abuse This new edition continues its tradition of applying time tested sociological theory to developing social concepts and emerging issues

**Unplugged** Ryan G. Van Cleave, 2010-06 WARNING THIS VIDEO GAME MAY IMPAIR YOUR JUDGMENT IT MAY CAUSE SLEEP DEPRIVATION ALIENATION OF FRIENDS AND FAMILY WEIGHT LOSS OR GAIN NEGLECT OF YOUR BASIC NEEDS AS WELL AS THE NEEDS OF LOVED ONES AND OR DEPENDENTS AND DECREASED PERFORMANCE ON THE JOB THE DISTINCTION BETWEEN FANTASY AND REALITY MAY BECOME BLURRED PLAY AT YOUR OWN RISK NOT RESPONSIBLE FOR SUICIDE ATTEMPTS No such warning was included on the latest and greatest

release from the Warcraft series of massive multiplayer online role playing games World of Warcraft WoW So when Ryan Van Cleave a college professor husband father and one of the 11.5 million Warcraft subscribers worldwide found himself teetering on the edge of the Arlington Memorial Bridge he had no one to blame but himself He had neglected his wife and children and had jeopardized his livelihood all for the rush of living a life of high adventure in a virtual world A fabulously written and gripping tale Unplugged takes you on a journey through the author's semireclusive life with video games at the center of his experiences Even when he was sexually molested by a young school teacher at age eleven it was the promise of a new video game that had lured him to her house As Ryan's life progresses we witness the evolution of video games from simple two button consoles to today's multikey technology brilliantly designed to keep the user actively participating For Ryan the virtual world was a siren song he couldn't ignore no matter the cost As is the case with most recovering addicts Ryan eventually hit rock bottom and shares with you his ongoing battle to control his impulses to play providing prescriptive advice and resources for those caught in the grip of this very real addiction

**The Mental Health Handbook for Ministry** Mark Mayfield, 2025-09-23 Poor mental and emotional health are two of the great crises of our times and yet most pastors and ministry leaders are not adequately trained or equipped to understand and come alongside the hurting As a result our efforts to help those who are wrestling with mental or emotional health struggles are at best inadequate and at worst harmful Combining the best of clinical research with a biblical worldview The Mental Health Handbook for Ministry is a practical and accessible resource to help pastors church leaders and others who are called on to offer counsel identify the symptoms of particular mental and emotional health challenges express love and support to those who are hurting recommend healthy coping strategies discern when to offer help and when to refer someone to a mental health professional With chapters dedicated to common manifestations of mental and emotional distress including depression anxiety trauma suicide self harm addiction personality disorders grief and more this will quickly become the go to resource for ministry leaders who long to offer help to the hurting

**Sanity and Grace** Judy Collins, 2006-04-20 Sanity Grace speaks to all who have endured the sorrow of losing a loved one In the depths of her suffering Collins found relief by reaching out to others for help and support Now she extends her hand to comfort other survivors whose lives have been affected by similar tragedy Honest and inspiring this story will not only interest Collins's followers but will also help soothe and heal those wounded by suicide and depression

Depression and Bipolar Disorder Vatsal Thakkar, Christine Elaine Collins, 2006 Presents an exploration of the causes symptoms and treatments of depression and bipolar disorders

**The Clinician's Handbook** Robert G. Meyer, Christopher M. Weaver, 2007 This extremely versatile handbook written for students and practitioners taps current treatment and assessment research to provide up to date coverage of emotional and behavioral disorders major DSM IV TR diagnostic categories MMPI 2 correlates and other test response patterns and treatment options Diagnostic concepts and observations are linked with specific assessment and test data for diagnostic categories this is then integrated with

recommended intervention procedures In a single volume the authors have synthesized an abundance of information and presented it in a manageable and accessible manner Their extensive experience in clinical and forensic psychology teaching conducting research interacting with clients working in the criminal justice system highly qualifies them to know and present the kind of practical information students and practitioners need Additional outstanding features emphasizes multimodal assessment and treatment includes extensive discussions of clinical challenges such as suicidal clients the criminal personality deception and malingering offers bibliotherapy reading assignments and appropriate relaxation techniques for various types of clients provides coverage of legal issues competency criminal responsibility and civil commitment presents useful tips on case preparation and professional practice in the office and the courtroom **The Special EDge** ,2005

Parent To Child-The Guide Natalie D'Annibale Bandlow,2006-02 This guide provides parents with an opportunity to chronicle their own personal history and past experiences as well as the history and experiences of their child's life in a direct loving and supportive way Don't wait let Parent To Child The Guide assist you in writing the legacy you want and need to leave for your children just in case **New Books on Women and Feminism** ,2003 **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](http://www.save.org) I continued to romanticize my death by suicide who would find me what I'd look like I spent hundreds of hours planning my funeral imagining the remorse of my family and friends I wrote good bye letters composed wills and disrupted the lives of everyone close to me Then reality hit Susan Rose Blauner The statistics on suicide are staggering The World Health Organization estimates that nearly 800 000 people die by suicide every year which is one person every 40 seconds and for each completed suicide there may be twenty or more attempts In **How I Stayed Alive When My Brain Was Trying to Kill Me** Susan Blauner is the perfect emissary for a message of hope and a program of action for these millions of people A survivor of multiple suicide attempts she explains the complex feelings and fantasies that surround suicidal thoughts In a direct nonjudgmental and loving voice she offers affirmations and suggestions for those experiencing life ending thoughts and for their friends and family With an introduction by Bernie Siegel M D this important timely book has now been updated with a revised resources section and a new chapter on the author's experiences since the book's initial publication **Library Journal** ,2002 Forthcoming Books Rose Army,2002 **The Publishers Weekly** ,2002 □□□ □□ □□□ 2 □□□ □□□,2015-01-02 The Noonday Demon 10 Far From The Tree 21 300 4

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