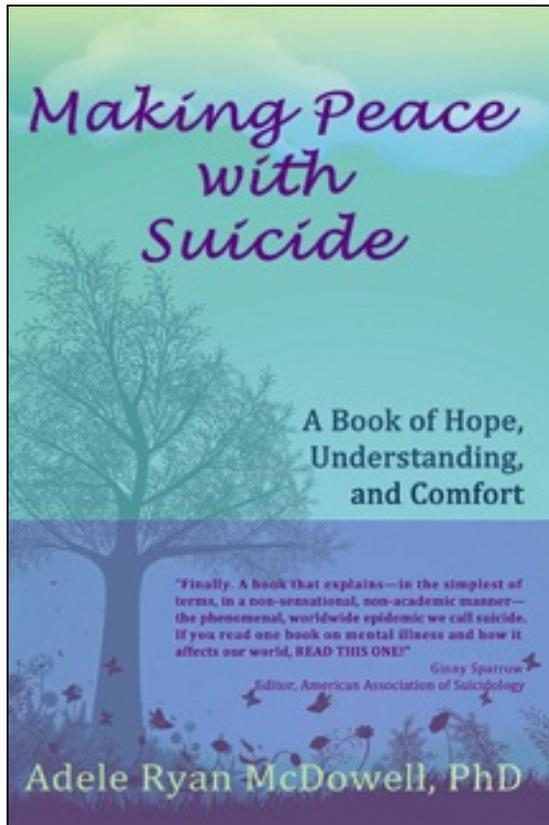


Suicide

• Making Peace with Suicide: A Book of Hope, Understanding, and Comfort

Adele Ryan McDowell, Ph.D.



Written by Adele Ryan McDowell, Ph.D., a practicing psychotherapist and former hot-line responder, **Making Peace with Suicide** provides a comprehensive and compassionate look at the world-wide phenomena of suicide. The book is designed for those who have lost a loved one to suicide; those considering suicide; and those who work with or counsel the bereaved and the suicidal.

Making Peace with Suicide analyzes the factors and circumstances that can lead to suicide and sheds light on the phenomena of suicide vis-à-vis teenagers, the military, post-partum depression, as an end-of-life choice, and asks if addiction is a form of slow suicide. Dr. McDowell provides a seven-step healing process and explores suicide and the soul and today's global energy of suicide.

Dr. McDowell is a psychotherapist with 30+ years' experience. Her work focuses on helping clients find hope and balance in the face of crisis, trauma, and grief. She has worked with suicide, domestic violence, and sexual assault crisis hotlines; survivors of Hurricane Katrina, 9/11, the Joplin Tornado, and the Newtown shooting; clients struggling with addiction as well as those moving through profound life changes such as grief and health challenges. Dr. McDowell is also the author of **Balancing Act: Reflections, Meditations, and Coping Strategies for Today's Fast-Paced Whirl**. You can learn more at:

<http://AdeleRyanMcDowell.com> and
<http://AdeleandthePenguin.com>.

“No topic could be more timely than suicide. This remarkable book addresses people who have contemplated ending their lives as well as those who have to deal with the aftermath of those who succeeded. But it will also be invaluable

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to mental health workers and military chaplains, especially those who deal with young people who have been bullied and veterans with PTSD. For such a complex topic, Dr. McDowell's writing style is reader-friendly and the stories she presents may well evoke tears. Her wise recommendations include teaching self-mastery techniques to help people cope with the stress of a success-oriented society. I have read many books on this sensitive topic, but none with the breadth and scope of **Making Peace with Suicide.**—Stanley Krippner, PhD, co-author, *Personal Mythology: The Psychology of Your Evolving Self* and *Haunted by Combat: Understanding PTSD in War Veterans*.

“Finally. A book that explains—in the simplest of terms, in a non-sensational, non-academic manner—the phenomenal, worldwide epidemic we call suicide. If you read one book on mental illness and how it affects our world, READ THIS ONE!”—Ginny Sparrow, Editor, American Association of Suicidology.

Softcover, 232 pages. U.S. price \$15.99.
White Flower Press.

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