

FOREWORD BY BERNIE S. SIEGEL, M.D.

HOW I stayed
Alive when
My Brain was
trying to kill me

One Person's Guide to
Suicide Prevention



"The best suicide prevention manual for the suicidal thinker, suicide attempter, layperson, or professional."
— Drs. Bolton, executive director of the National Resource Center
for Suicide Prevention and Aftercare

SUSAN ROSE BLAUNER

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

Katy Sara Culling



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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

[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

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

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 Isabela 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 McCaghy, Timothy Capron, J.D. Jamieson, Sandra Harley 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 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

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

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

The Special Edge ,2005 New Books on Women and Feminism ,2003
The Publishers Weekly ,2002 Library Journal Melvil Dewey,Richard Rogers Bowker,L. Pylodet,Charles Ammi Cutter,Bertine Emma Weston,Karl Brown,Helen E. Wessells,2004 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *Library Journal* ,2004 Forthcoming Books Rose Arny,2002 **Books in Print Supplement** ,2002 *The New York Times Index* ,2002 Subject Guide to Books in Print ,1991 Preventing Suicide Susan Norman,2016-06-29 If you are presently immersed in suicidal ideation or thinking get help immediately This book has a lot of information intended to help you through this terrible situation but if you are already there get help Call a crisis line suicide hotline a doctor a psychologist a friend a parent a grandparent someone in your life that you know cares about you Ask for help and take it when they give it to you You are worth it

Screaming in Silence Katy Sara Culling,2011-06-01 Description A serious pro survival pro recovery book written because I have been the survivor of many suicide attempts not to forget also the person left behind after actual suicides and the victim of serious self harm in myself and those I love I haven't attempted suicide or self harmed for 8 years and I don't plan to do so again but I always have my plan to hand Starting at the age of 11 I have attempted suicide 443 times sometimes barely surviving twice dying only to be revived and for fifteen years I was a person who self harmed cutting and bloodletting sometimes as self harm sometimes as a suicide attempt The two are definitely linked but not all self harm is suicidal not all suicide attempts are meant to kill and sadly about one million people kill themselves every year not all of them meaning to As I have also been the victim left behind when someone I loved took their own life I really can see the issue from all perspectives Allow me to fill you in on my personal experience first of all so you know you are talking to someone who really has been there before herself Pull up a chair or sit back in bed and we will talk About the Author Katy Sara Culling was born in Liverpool North England in January 1975 sharing her birth date rather aptly

with Virginia Woolf Daughter of Sue and Paul Culling her family moved back to its roots in Derbyshire where she grew up along with her younger sister Beth in the village of Castle Donington on the Derbyshire Leicestershire border However even as young as 5 she exhibited symptoms of bipolar disorder manic depression leading her to be loud and talkative often in trouble She also worried a great deal about death to an extent that is very unusual in one as young as she was Not just her own death either She attended a private school for girls Loughborough High School where she was an extremely high achieving student Unfortunately due to bullying and also to numb her rampant mania and depression she developed anorexia nervosa and began to self harm She found that the anorexia and self harming took over her life and made coping with mood swings easier because she did not feel their full effect anymore Katy Sara then went to The University of Nottingham where she studied Biochemistry and Nutrition She did her 1st class thesis on alcohol and metabolism interested in the psychology of alcoholism All this was done despite considerable illness including over 60 suicide attempts and purging type anorexia and yet more bullying She was bullied for being anorexic by her fellow floor mates However her good academic work at Nottingham lead to an offer of a place at The University of Oxford where she studied for a PhD DPhil in Clinical Medicine Here she was a full time member of Linacre College Oxford and was never bullied Linacre is a graduate only college She took part in many cycling events for charity In her final year she became so ill with anorexia and bipolar depression that she agreed to take time off her PhD the worst decision of her life and go into hospital first as a day patient then an inpatient on the general ward and eventually a sectioned inpatient on the general ward During those two years she attempted suicide over 300 times dying twice only to be revived She also made several trips to the Emergency Room to be treated for either suicide attempts or self harm She finally at the age of 28 got a diagnosis of bipolar I disorder and the correct medication and had been mostly fine ever since Her eating disorder spontaneously recovered when her bipolar disorder became more controlled She later wrote up her PhD thesis and published her results Katy Sara now works for the Bipolar Foundation Equilibrium an independent international non governmental organisation dedicated to improving treatment and understanding of the causes and effects of bipolar disorder manic depression Katy Sara **Recklessly Alive** Sam Eaton, 2020-11 Every 12 3 minutes someone completes suicide and I was almost one of them I had written letters picked a day and packed up all my belongings because I believed my life was worthless and disposable What lies ahead of you is my journey from suicide attempt towards abundant life I share it with you in hopes that you can see yourself or someone you love in my story and find the courage to start conversations about faith mental health depression and suicide I am not a pastor a deep sea diver an Avenger or a mongoose whisperer I have never sawed off my own arm had my hand digested by a shark or experienced any other amazing feat of humanity I am just an average guy who found his world slipping away and in a moment of extreme clarity made the terrifying decision to stay and chase a life that is fully and recklessly alive

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