

White Flowers Press announces the release of *MAKING PEACE WITH SUICIDE: A Book of Hope, Understanding, and Comfort* by Adele Ryan McDowell, Ph.D.

*Making Peace with Suicide: A Book of Hope, Understanding, and Comfort* provides a comprehensive and compassionate look at the world-wide phenomena of suicide.

Written by a practicing psychotherapist and former hot-line responder, *Making Peace with Suicide* 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* offers an intimate view of suicide through personal stories and coping strategies from both survivors of suicidal loss as well as the unique perspective of the formerly suicidal.

Dr. McDowell examines the risk factors leading to suicide; names the three common elements of suicide; and discusses the significance of the presence or absence of a suicide note.

*Making Peace with Suicide* 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. The book concludes with a substantive resource section for further healing work.

*Making Peace with Suicide* is available as both a paperback and e-book. For further information, please visit <http://MakingPeacewithSuicide.com>.