

Praise for *Making Peace with Suicide*

"Suicide is one of our most painful, difficult, confusing and wounding of human experiences. Dr. Adele McDowell addresses this topic with love and beauty. She non-judgmentally restores empathy, compassion and understanding. She courageously offers deep tending in a "place of primal pain." And she is comprehensive, sharing the history, complexity, universality, and even positive dimensions of this mysterious act. Whether you are contemplating or have survived the attempt, lost someone to suicide, or counsel and help these populations, Adele McDowell's *Making Peace with Suicide* will bring you hope, healing, compassion and understanding."

—Edward Tick, PhD

Director, *Soldier's Heart*; Author, *War and the Soul and Warrior's Return*

"With sensitivity and compassion, *Making Peace with Suicide* explores the depth and breadth of suicide and offers insights and healing. This book is essential reading."

—C. Norman Shealy, MD, PhD

"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 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 her stories presented 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

"Adele bravely and compassionately tackles a topic that many people avoid discussing—suicide. Yet in the understanding of it, the confusion and sense of loss is greatly eased. *Making Peace with Suicide* is rich with insight and healing methods all intended to help heal the void we feel when we lose a loved one to suicide. It's also written for those who are suicidal to help them understand their pain and despair, and to let them know there is always help and there is always hope. I wish I had this book to read when my best friend took her life."

Carol Ritberger PhD, author of *Healing Happens with Your Help: Understanding the Hidden Meaning behind Illness*

"This powerful book, written by a psychologist and former suicide-hotline responder, speaks to us all, about a present epidemic, surrounded by shame, taboo and secrets. Offering many personal stories, Adele helps the reader to find peace speaking to both those who believe they're the only person who has ever felt this desperate and to the survivors whose lives are thrown into turmoil. This excellent book, full of useful resources, is essential for everybody who feels alone with their issues of life or death, bringing greater understanding, acceptance and comfort.

Christine Page, MD, seminar leader &
author of *The Healing Power of the Sacred Woman*

"As a minister/therapist for more than thirty years as well as a wife who lost her military husband to suicide, I have never found a more compassionate, effective book on suicide and its aftermath. This book serves many needs and highlights the myriad ways in which suicide changes one's life direction. I cannot say strongly enough how powerful and helpful this book is."

Rev. Colleen E. Brown, Unity minister

"The loss of a loved one by any means is traumatic. When the loss is by suicide, in addition to the grief of the loss itself, survivors are often left riddled with guilt, anger, shame and endless questioning; by both themselves and by others. In "Making Peace with Suicide", Dr. McDowell gently and brilliantly weaves vital suicide survivor education with comforting and inspirational thoughts and quotes; all designed to direct the reader on a path of healing, resolution and peace. A must-read for anyone who has been touched by the tragedy of suicide and left to answer the question, 'Why?' "

—Carole Brody Fleet, award-winning and bestselling author of
Widows Wear Stilettos...; Happily Even After...; and
When Bad Things Happen to Good Women...

"A subject such as this is never easy to digest. However, with Adele's wisdom and guidance through her experience, this is a must read. We are in a new world now. Let Adele's wisdom guide you with her insights for a new perspective on suicide."

—Mona Delfino, author of *The Sacred Language of the Human Body*