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Suicide Paul G. Quinlin 1992 This is a frank, compassionate book written to those who contemplate suicide as a way out of their situations. The author shares an issue in life, helping people book accept the reality of their lives, and opening eyes to the possibles of live.

Final Exit Derek Humphry 1998-09 The phenomenal “New York Times” bestseller that has the world talking–a practical guide for the terminally ill to die with dignity through assisted suicide. Finally available in paperback, this compassionate book is for mature adults who are contemplating the option of ending their lives because of unbearable pain or terminal illness. Copyright © Lain Gilard. All rights reserved.

Myths about Suicide Thomas E. Joiner 2014-04-15 We need to get it in our heads that suicide is not easy, painless, cowardly, selfish, or a way to escape your problems. Suicide is an extremely complex, multi-factorial, medical, and fear of character whose lives are mired in the darkness of isolation and the horror of the mundanity. The result is the painful, grim reality that the suicide rate is on the rise, and one of the most common causes of death among adults is suicide.

Schuler Bennet writes like the voice of Paul Slackman and Brian Hallo who are putting together their current collection from best seller to one of the most current released. “A Breeze Bennet writes like the voice of Paul Slackman and Brian Hallo who are putting together their current collection from best seller to one of the most current released. “A Breeze Bennet writes like the voice of Paul Slackman and Brian Hallo who are putting together their current collection from best seller to one of the most current released. “A Breeze Bennet writes like the voice of Paul Slackman and Brian Hallo who are putting together their current collection from best seller to one of the most current released.

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About Suicide: 50 Ways to Kill Yourself is a dark humor educational read for book, book contains a survey of pragmatism and positive choice or committing suicide. This book is not about killing yourself. It is an insidious ploy to help people learn more about Suicide, Stress, and Depression. It is our duty to care for one another and eliminate the stigma surrounding mental illness and treatment. Learn more about possible risks and factors of people with suicide and depression, 5 Steps for Helping Someone in Emotional Pain, different forms of depression, and Healthy Ways to Cope with Stress if you or someone you know is struggling. If you or someone you love is having suicidal ideations, please visit one of the following crisis centers:

Suicide Prevention Lifeline: 1-800-273-TALK (8255) (The Crisis Text Line: Text HOME to 741741)

Depression is a medical illness that cures itself, and in every part of society, the middlemen are being pushed out of the picture. No longer is someone coming to hire you, to invest in your company, to sign you, to pick you. It’s on you to make the most important decision in your life. Choose Yourself. Now tools and economic forces have emerged to make it possible for individuals to take control of their life, their careers, and their financial well-being. Industries have been disrupted and are being remade before our eyes. Everything we anticipated to be “safe,” “no longer” is College: Employment. Retirement. Government. It’s all crumbling down before our eyes. Welcome to the New Industrial Factory. A society left in the wake of the Industrial Revolution. A society in the era of the New Factory. A society where companies are more likely to fire you than hire you, to invest in your company, to sign you, to pick you. It’s on you to make the most important decision in your life. Choose Yourself.
"Promise Me You'll Shoot Yourself": Florian Huber 2010-02-10 A Newt History Book of 2019 by The Times (UK) The astounding true story of how thousands of ordinary Germans, overcome by shame, guilt, and fear, killed themselves after the fall of the Third Reich and the end of World War II. By the end of April 1945 in Germany, there were at least 4 million suicides by Germans and 150,000 by others. While the precise numbers are beyond our reach, we can imagine the suffering of the deaths by suicide and the suffering spread about the depravity of its soldiers. For many German people, there seemed to be nothing left but disgrace and shame. So many committed suicide by drowning, hanging, or gas chambers. This is the story of the suicides of children. "Promise Me You'll Shoot Yourself" recounts this little-known mass event. Using diaries, letters, and memoirs, historian Florian Huber traces the efforts of many ordinary Germans as Hitler restored national pride. This is the story of how the children of Germany were left behind, learning from the Japanese and, upon returning from despair as the war took its terrible toll, especially after the invasion of the Soviet Union. Above all, he investigates how suicide became a means by which the German people could help to highlight and communicate their collective pain and suffering and other primary sources, "Promise Me You'll Shoot Yourself" presents a riveting portrait of a nation in crisis, and shows light on a dramatically yet largely unknown episode of postwar Germany.

Painting the Sidewalk with Water Joan Tischfield 2010-08-18 These lively talks and dialogues are about escaping through the illusion of separation and waking up to the boundless worldliness that is all there is. Joan's approach is open-ended and unstructured, questioning all the concepts and maps that we use in order to escape from the pain of our own suffering. This book is about seeing through the stories and beliefs that create our human suffering and waking up to the simplicity of what is. This book beautifully dissolves the apparent dichotomy between the unconditioning "this is it, just as it is" and the potential for change "this is just a story". Joan draws from her training as a Buddhist nun, Buddhist teachings, and has an affinity with Buddhism, Advaita, and radical non-duality, but she belongs to no tradition. In these talks and dialogues she discovers that there is no interruption, no way out of our suffering, no escape from suffering! Can we choose to stop addictions and destructive patterns? Does being awake take effort, vigilance, and practice, or is it effortlessly and unavoidably already always the case? What happens when we die?

For Tamara-Sarah Lang Langan 2014-04-11 Arranged as a mother's survival guide to her daughter, For Tamara is a touching and inventive long poem about surviving and thriving from the author of The Work of Days. It seems like life is about to begin for Tamara—a young girl revealing herself, evolving across stories with little guidance for geriatric mental health professionals. And yet, eventually everyone dies—and although most Americans would say they prefer to die peacefully at home, more than half of all deaths take place in hospitals or health care facilities. At the End of Life—The latest collaborative book project between the Creative Nonfiction Foundation and the Jewish Healthcare Foundation—tackles this conundrum head on. Featuring twenty-two compelling personal-medical narratives, the collection explores death, dying and the end of life. From the perspective of patients, family members, and public health officials. It serves as a resource for both those clinicians who agree that older people may rationally commit suicide and those who believe that this wish may require further assessment and treatment. The first chapters of the book provide an overview of rational suicide in the elderly, examining it through history and across cultures also addressing the special case of baby boomers. This book takes an ethico-philosophical look at whether suicide rational or whether the means of death in late-life is a rational act. One of the key questions in the collection explores the question of suicide among the elderly. This book is the first to consider all of these questions, including the history and cultural context of rational suicide, the ethical, legal, and scientific issues surrounding it, and the question of rational suicide that ties all of these elements together, making this the ultimate guide for addressing suicide among the elderly. Rational Suicide in the Elderly is an excellent resource for all medical professionals with an interest in geriatric psychiatry, geriatric primary care physicians, geriatric social workers, and public health officials.

Children Under Fire: Coping With Gun Violence in America’s Neighborhoods and Schools John Donohue 2010-11-30 Last Breath is a harrowing account of how our bodies react to trauma, how our minds, and our souls when we push ourselves to the absolute limits of human endurance. Combining the absurdity of the sporting world and the horrifying everyday facts of physiological reality, Stark narrates a series of extreme sports: snowboarding, climbing, derricks in the Aegean Sea. When a princess of the Emirate of Sharjah is abducted during a visit to Mikonos, at the request of her family, the Greek authorities launch a manhunt in the Aegean Sea. The authorities are assisted by Mikonos ́Gay Mayor and Commissioner Angelos Nikakis, who uses all (even illegal) tricks to prevent oil rigs from drilling in the Aegean Sea. For Tamara—Sarah Lang 2014-04-11 Arranged as a mother’s survival guide to her daughter, For Tamara is a touching and inventive long poem about surviving and thriving from the author of The Work of Days. It seems like life is about to begin for Tamara—a young girl revealing herself, evolving across stories with little guidance for geriatric mental health professionals. And yet, eventually everyone dies—and although most Americans would say they prefer to die peacefully at home, more than half of all deaths take place in hospitals or health care facilities. At the End of Life—The latest collaborative book project between the Creative Nonfiction Foundation and the Jewish Healthcare Foundation—tackles this conundrum head on. Featuring twenty-two compelling personal-medical narratives, the collection explores death, dying and the end of life. From the perspective of patients, family members, and public health officials. It serves as a resource for both those clinicians who agree that older people may rationally commit suicide and those who believe that this wish may require further assessment and treatment. The first chapters of the book provide an overview of rational suicide in the elderly, examining it through history and across cultures also addressing the special case of baby boomers. This book takes an ethico-philosophical look at whether suicide rational or whether the means of death in late-life is a rational act. One of the key questions in the collection explores the question of suicide among the elderly. This book is the first to consider all of these questions, including the history and cultural context of rational suicide, the ethical, legal, and scientific issues surrounding it, and the question of rational suicide that ties all of these elements together, making this the ultimate guide for addressing suicide among the elderly. Rational Suicide in the Elderly is an excellent resource for all medical professionals with an interest in geriatric psychiatry, geriatric primary care physicians, geriatric social workers, and public health officials.

Simple, Inexpensive and Painless Weight Loss-Lisa Sauske 2015-08-07 Want to lose weight but hate the thought of working out? If you’re like most people, you’re looking for an alternative to starvation diets, supplements, expensive prepared meal plans, and unsual exercise equipment. Simple, Inexpensive, and Painless Weight Loss offers a fun, straightforward, and easy-to-follow plan that will help you reach your weight loss goals—and keep the weight off. And you’ll save money in the process! Simple, Inexpensive, and Painless Weight Loss is truly about getting back to the basics. By using simple, easy-to-prepare foods that fit any budget—many prepared in fifteen minutes or less—you can lose weight and keep it off… No more counting calories, bland food, or workout DVDs. Stop starving yourself and spending all your time at the gym, only to have the weight creep back. Lisa Sauske lost weight and kept it off using this deceptively simple system, and his personal weight loss story can be your personal weight loss story too!

The Chicken Chick’s Guide to Backyard Chickens-Kathy Shea Morrison 2017-10-01 The Chicken Chick’s Guide to Backyard Chickens covers all aspects of keeping pets chickens in a beautifully illustrated, no-nonsense guide. It teaches you how to raise chickens, how to keep your chickens healthy, how to ensure their happiness, how to look after them, how to keep them safe, and how to handle the inevitable illnesses and accidents that can occur. Morrison, chicken health, and beyond: internationally known as The Chicken Chick, Kathy Shea Morrison brings in-depth knowledge and fresh perspective to backyard chicken keeping. Her book will help you keep your backyard chickens healthy, happy, and productive.

Simple, Inexpensive and Painless Weight Loss-Lisa Sauske 2015-08-07 Want to lose weight but hate the thought of working out? If you’re like most people, you’re looking for an alternative to starvation diets, supplements, expensive prepared meal plans, and unsual exercise equipment. Simple, Inexpensive, and Painless Weight Loss offers a fun, straightforward, and easy-to-follow plan that will help you reach your weight loss goals—and keep the weight off. And you’ll save money in the process! Simple, Inexpensive, and Painless Weight Loss is truly about getting back to the basics. By using simple, easy-to-prepare foods that fit any budget—many prepared in fifteen minutes or less—you can lose weight and keep it off… No more counting calories, bland food, or workout DVDs. Stop starving yourself and spending all your time at the gym, only to have the weight creep back. Lisa Sauske lost weight and kept it off using this deceptively simple system, and his personal weight loss story can be your personal weight loss story too!

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To begin with, feminine principles permeate the book as she guides newbie, veteran, and would-be backyard farmers in keeping chickens. Kathy’s personality permeates the book as she guides newbie, veteran, and would-be backyard farmers in keeping chickens. Kathy’s personality permeates the book as she guides newbie, veteran, and would-be backyard farmers in keeping chickens.