

"I recommend it to all who have experienced
a loss to suicide, regardless of how long ago."

—FRANK CARROLL, President, American Association of Suicidologists

No Time to Say Goodbye

*Surviving the Suicide
of a Loved One*

Carla Fine

Carla Fine

No Time to Say Goodbye: Surviving The Suicide Of A Loved One



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Suicide would appear to be the last taboo. With *No Time to Say Goodbye*, she brings suicide survival from the darkness into light, speaking frankly about the overwhelming emotions of confusion, guilt, shame, anger, and loneliness that are shared by all survivors. This is simply one of the countless painful and paralyzing truths writer Carla Good discovered when her spouse, a successful young doctor, took his own life in December 1989. Great draws on her own encounter and on conversations with a great many other survivors--as well as on the knowledge of counselors and mental health professionals. Even incest is now discussed freely in well-known media, however the suicide of a loved one is still an act most people are unable to talk about--or actually admit with their closest family or friends. And being unable to speak openly and honestly about the cause of her pain managed to get all the more problematic for her to survive. She presents a strong helping hands and invaluable guidance to the vast amounts of family and friends who are left behind by the more than thirty thousand people who commit suicide each year, struggling to make sense of a work that appears to them senseless, and to choose up the pieces of their very own shattered lives. And, probably most important, for the first time in any reserve, she allows survivors to see they are not by itself in their feelings of grief and despair.



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Horribly horribly graphic. Horror movie level graphic details. This book re-traumatized me. She describes several suicide methods and goes in VERY graphic information, which adds absolutely NOTHING to the story. Why she chose to write like this I have no idea. I now have to procedure these horrible pictures in my head along with all the grief and struggling I am already experiencing from this tragedy. It is extremely upsetting. I am seeking out regional support group and person therapy thanks to this book. Because I'm a psychiatric RN with 30 plus years of knowledge and I understood that he was "high risk" this devastated me. I bought this reserve because I'm a survivor of a loved one's suicide. Spouse Suicide Book - Highly Recommended My pal "B" recommended this for my additional friend. I extremely suggest this and will be reading again. The author spend many web pages describing how different people killed themselves that was of no curiosity to me - I didn't find any practical information at all - and it appeared to also be focused on family members rather than close friends of the deceased. Needed this FINALLY! "B" says this book is a must for partner suicide survivors. "B" says most of the books out there cope with your childrens' suicides etc but that you need this book to offer specifically with the partner. "B" says that only if she would have examine this sooner after her hubby committed suicide, that she would have known much more about her personal feelings. It opened my eyes to the fact i'm not alone, but it was unpleasant as hell to read.. It is graphic, but honestly that's what I required. I didn't want to hear clinical, religious or uplifting- merely to have someone understand how crazy you feel and let's encounter it- what most of us feel is graphic. Didn't work for me An excellent friend killed himself a couple weeks ago and I then found out just because his sister in law posted the info for his Facebook friends. Great publication but opens up trauma for survivors. I looked for some help in books but that one basically was useless for me. It assists me to learn about others going through this agony with me, and it offers a glimpse inside the thinking of person who takes their personal life. I've spent lots of time trying to just move past this without looking for help from people who understand, therapist or books. I must say i, REALLY recommend this if your friend or individual is certainly a survivor, because this actually will open your eyes to all the well intentioned hurtful factors people say to us. It provides some comfort knowing there are certainly others out there who are still angry at our loved one and desperately saddened that she actually is gone I've read several books and literature following a suicide of my 21 year old daughter. I felt this publication was most knowledgeable and good for me in helping me understand the aftermath of suicide. I'll have to keep searching I guess. Just what's needed Got this reserve for my sister, whose hubby committed suicide a month ago. I miss you so much, Gabrielle. Besitos! Like you mucho, mucho. Will truly see you soon. Truly a gift I bought this reserve after losing my boyfriend to suicide. I lost my hubby to a coronary attack. This authors insight gave us comfort in knowing just what was occurring to us , and reassuring us that we weren't going crazy. Good luck and God Bless to the ones that find themselves on this trip, one that there is under no circumstances any rest stops on . I would suggest the newly bereaved read this , as well as those that are helping them. It brings some comfort knowing there are certainly others out there who remain angry at our loved one and desperately saddened that she actually is gone.. This is the stories of additional survivors."I also read the publication, and it helped me personally to help my sister. Since that time I have been grasping for whatever can help me thru the chaos we find ourselves in the middle of. Losing a spouse to suicide is certainly another whole level of grief, despair, and guilt. Help with suicide prevention My son committed suicide June 29 th 2018 this books has help my empty heart . Not really a book anyone necessarily really wants to read, but... Somewhat difficult to learn but cathartic simultaneously. I am not by yourself and how I am processing this tragedy.

I spent years trying to come to terms with my . She tells me, "It's precisely what I needed at this time. This is the first thing I've run into from someone who gets it. We spent years trying to come quickly to conditions with my teenage brother's suicide. i found so many similarities between my experience and the stories that Carla shared - including her own. It helped resolved much of my sorrow and anguish on both counts. A light in an exceedingly dark tunnel It's been 6 weeks , 1day time , 23 hours and a quarter-hour since that fateful telephone call telling us that our baby had died of suicide. After my older sister dedicated suicide, her husband, a health care provider, sent me this book as a gift. This helped me understand and learn that i had not been alone. Five Stars excellent Five Stars on time, and as advertised, would use again



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