



# CRAACKED! NOT BROKEN!

Surviving  
and Thriving  
After a  
Suicide Attempt

# KEVIN HINES

Kevin Hines

## Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt



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The Golden Gate Bridge is one of the most recognizable structures to define a modern city. Kevin's story is an extraordinary testament to the strength of the individual spirit and a reminder to us to appreciate the life we've. At 19 years aged, Kevin attempted to take his own existence by jumping off the Golden Gate Bridge - a distance which took four secs to fall. His story also reminds us that living mentally well does take time, endurance, hard work, and support. The fall would break his body, but not his spirit. His tale chronicles the amazing will of the writer to live mentally well when confronted with his mental illness: bipolar disorder with psychotic features. With each mental breakdown, however, the author's desire to live mentally good-- and to be considered a mental health advocate-- pulls him from the depths of his condition. Yet, for writer Kevin Hines the bridge isn't only a marker of a location or a time. Instead, the bridge marks the beginning of his remarkable story. Lately diagnosed with bi-polar disorder, Kevin acquired begun to hear voices telling him he had to die, and days before his attempt, he began to believe them. With these disciplines set up, those coping with even very difficult diagnoses can perform better lives for themselves and the ones who help to support and care for them.



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Heavy tale filled up with expect ways people can keep the darkness at bay without any smoke and mirrors Following the loss of my brother to suicide in 2015 this book acted such as a bridge to imagine that fork in fate where "Imagine if he survived his fall?" could have played out. Amazing story. Kevin doesn't glorify the event in unrealistic terms. He delves into what it had taken for him to stay as well as feasible following his recovery from this lowest stage in his life. Inspiring! In reality, no-one is alone: Kevin implies that he cares about other people who can relate with him by giving hope through his terms or encouragement. This gives you the most direct look into the mind of someone battling with suicidal ideations. For anybody who has or has been touched by mental illness in their life, this book is a must. I have Bipolar I, as I was scanning this book, I possibly could not believe there was someone else out generally there who suffered just how I did. MANY THANKS Kevin Hines, today I do not feel so by itself. I too survived a suicide attempt therefore I am in a position to relate. Wish I'd run into this when it arrived as there still could have perhaps been a way to influence my brother to locate a strategy for staying here on Earth, despite the challenges. Kevin Hines shares his deepest darkest moments and how his will to live and combat is higher than that. Kevin's story will surely enlighten and give desire to anyone willing to pay attention. If you suffer from mental illness, or know a person who does, please purchase this book. So Well Put We appreciate Kevin Hines so much. I've heard him speak twice. Buy it right now. I am proud of Kevin and all the work he is doing in helping others. I am anxious for his next book and pray too that it will touch millions of lives. Keep on going Kevin. God bless. A ROBUST Memoir of Survival and Thriving to Live Mentally Well Ever since I saw Kevin Hines in the 2006 documentary film, "The Bridge," I knew his tale was unique. mental illness. Great book. As soon as I received "Cracked, Not really Broken: Surviving and Thriving After a Suicide Attempt" in the mail, I could not end reading as I held turning the pages day and night. Not really once did I obtain bored with this publication as Kevin includes a way with phrases, particularly when describing his personal mentality. I must give him praise for posting his personal lifestyle with brutal honesty. A must-read. Actually after jumping from the Golden Gate Bridge and surviving such an attempt, he will not live "happily ever after": Kevin admits that every day is a problem to exist to the fullest as there is absolutely no "treat" for bi polar disorder or any additional mental illness. In this beautifully-created memoir, Kevin Hines will not hold anything back again. Actually helped me understand a bit more about the dire struggles of character disorders & Must Read FOR ALL THOSE EXPERIENCING A Mental Illness This is a must read for some one who is suffering from a mental illness or in case you are a loved one of someone who is suffering from a mental illness. Incredible! There is certainly help. I highly recommend this publication to whoever has ever felt only in this world because of life's struggles. Anticipate seeing the film he has been working on.! Each chapter tells its own story. He also gives the reader an insight into his mind as he struggles with bipolar disorder. I couldn't place it down. Kevin reminds everyone that lifestyle is actually a gift which should not be studied for granted. In his book, Kevin shares his life occasions before, during, and after his suicide attempt at the Golden Gate Bridge. He continues to share his story and works like a champion to help others discover a way to step back from that ledge. This transformational journey can be an incredible glimpse at battling suicidal thoughts and fighting bipolar mental illness. Amazing life. I am hoping everyone battling this will find inspiration and healing in this effective gripping story. Suicide hasn't, is never, and will never be the perfect solution is to any problem. Hines switches into great detail of what goes through the mind of a person who is definitely mentally ill from the good times to the really bad instances. I also enjoyed how he uses his encounters to help others. A must read! This is very powerful book. I definitely recommend this reserve. I also visited that

bridge once to accomplish the same thing though a police officer had halted me from jumping. I came across Kevin's words extremely inspiring and discovered it reassuring that it is okay to still struggle sometimes and that it's possible to still live an excellent life. His story possesses very strong message of hope and I think anyone with a mental illness or includes a family member who does should browse it. This reserve gives those afflicted wish that they can live with my mental illness one day at a time. I've survived my own attempt and have also struggled with melancholy therefore i could relate to elements of this book. Thank you Thank you Five Stars THIS IS AN AMAZING STORY. THIS MAN INCLUDES A VERY MIRACULOUS STORY! Important Read in to the mind of somebody dealing with suicide. This book was eye opening and filled with details from Kevin himself. I possibly could not put it down. You will never look at GGB bridge again without wondering what sort of view is more important when compared to a human life. This is a great memoir about mental illness (bipolar disorder) This is a great memoir about mental illness (bipolar disorder). I would've given it a 5 celebrity review, but it needed even more editing. It often jumped time and was confusing. Nevertheless, Hines' story would have to be told. He also gives guidance on how to get in touch with others if anyone is certainly going through a difficult time with a mental illness!! AMAZING book! I am hoping Kevin Hines will create more books in the future on living mentally well as he has a powerful voice.! Essential read. Five Stars Amazing story. I read everything in one sitting truly a life changing book!!



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