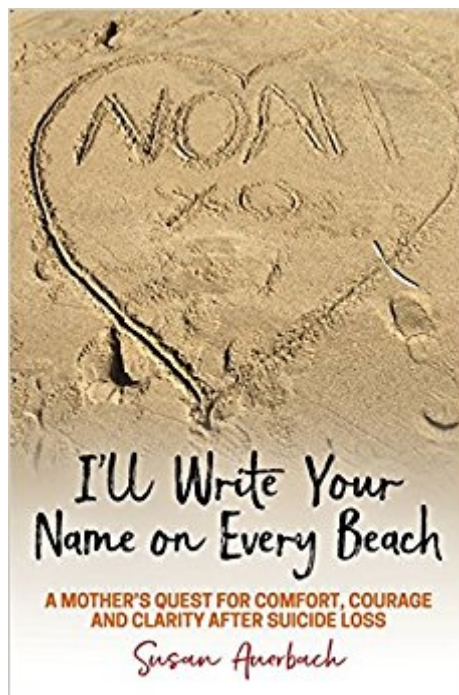




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I'll Write Your Name On Every Beach: A Mother's Quest For Comfort, Courage And Clarity After Suicide Loss



Synopsis

Written by a mother who lost her 21 year old son to suicide, this book deals with the themes of suicide loss through the lens of the author's personal grief. Addressing the process of post-traumatic growth, this memoir provides the bereaved with therapy exercises and creative activities to help them come to terms with their loss. Although it deals directly with losing a child, much of the book pertains to grief generally, especially complicated grief after a sudden death, and thus provides comfort to any reader who has lost a close one to suicide or anyone interested in young people struggling with mental health. Organised thematically, it addresses the many issues and stages involved in the grieving process and ends each chapter with a variety of beneficial yoga, breathing and therapy activities. This allows readers to dip in and out of the book, and go at their own pace - replicating the fact that grief is not a linear journey but an iterative one that goes back and forth. This book is a lifeline for anyone struggling to process loss.

Book Information

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Customer Reviews

This book is the eloquent story of one mother's efforts to find her way after the death of her son by suicide, from raw numbness to slow sense-making. Unlike most suicide loss survivor narratives, it is helpfully organized around themes and issues that survivors will inevitably encounter, such as the bodily impact of suicide loss and guilt and responsibility. Who should read this book? Anyone who has lost a loved one to suicide; any parent who has lost a child (to any cause); anyone who wishes to support a suicide loss survivor; and above all, any and every mother who has lost a child to suicide. It will help you navigate your own painful journey towards peace. -- John R. Jordan, Ph.D.,

psychologist, trainer, international authority on suicide loss, and co-author Auerbach's intimate, heart-wrenching story of a mother's grief normalizes the grief experience for other suicide loss survivors and creates awareness regarding complicated grief after sudden death. As you read and experience the searing pain, you are led in the end to the promise of renewal--and to a celebration of life. -- Iris Bolton, author and Director Emeritus, The Link Counseling Center and the National Resource Center for Suicide Prevention & Aftercare

What is so special about Auerbach's moving memoir about the suicide of her remarkable son Noah is how he comes across so alive and present. Auerbach is searingly honest, and her observations and practical advice offer hope and comfort to others who are on their own personal journeys of mourning the suicide of their loved ones, especially those with recent loss. -- Carla Fine, author

Auerbach faces down her demons after her father's suicide (when she was 26) and her 21-year-old son Noah's suicide (three years ago) to offer survivors this wide-ranging set of extremely helpful tools - conventional therapeutic aids, journaling, faith, yoga and meditation exercises, and thoughtful introspection - for better coping and healing after suicide loss. -- William Feigelman, Ph.D., author

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I was given a copy of this book and read it last weekend. As someone who runs a grief organization, I have read extensively in the area of suicide loss. This book stands out among the crowd. Susan Auerbach offers the reader an eloquent, authentic and courageous description of what she experienced after the death of her son. I found myself moved again and again, by her ability to define and describe the experience with words that reach deeply into one's soul.

This book is a great teacher for anyone experiencing the death of a loved one, and/or accompanying a friend or family member during a time of loss. Dr. Auerbach is candid about her son's gifts, the trauma of his suicide, and her struggles to move through grief which arcs and diminishes over time as she experiences the cycle of reminders -- holidays, seasons, anniversaries -- and the unintentionally hurtful comments that arise in the course of daily interactions. Her suggestions for self-care: meditation, yoga, journaling, etc are useful to all of us.

Tragically, suicide (attempted or completed) has become so common that most of us will encounter someone whose life was touched by suicide. When close friends lost their child to suicide, I felt helpless, unable to imagine what they were experiencing, unsure of how to help. In search of resources, I found the author's blog and then *I'll Write Your Name on Every Beach*. This book has helped me understand the ways suicide loss survivors experience grief, thereby allowing me respond with compassion and sensitivity. I also appreciate the book as a valuable resource for those who have lost a loved one through estrangement or other causes. It's a book that can be read on many levels by a wide audience.

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