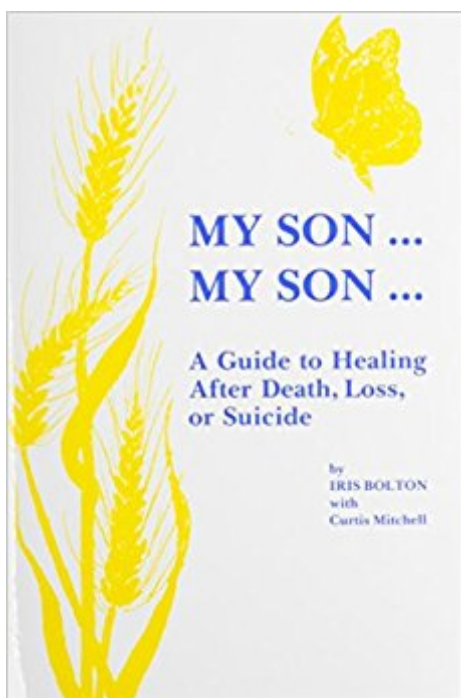


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# My Son...My Son : A Guide To Healing After Death, Loss, Or Suicide



## Synopsis

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## Book Information

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## Customer Reviews

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This is an excellent book for anyone who has lost a child, especially to suicide. I can't say enough good things about it. This woman was, ironically, a psychologist and director of a mental health clinic. She and her husband both had very successful careers and were raising 4 sons in an upper middle class home. One of the boys killed himself in their home at the age of 20 back in 1977. She deals with every thought, feeling, and emotion you could possibly have in a situation like this.

This difficult read was handled well and I actually gave this book to a local priest. I had wanted to give it to my son but it was too much like the character mentioned so I didn't think it was appropriate. My son's gf committed suicide. This topic is handled well, discusses the stages of grief and gives helpful insight how to go on living after tragedy.

I wish I had not needed this book, but unfortunately I did. It was spot on with most of the feelings I

have experienced in these past seven months. I highly recommend it to those left behind. You may not have had the same experiences of the author but you will gain comfort and a bit of knowledge about what you're going through. Bless you.

A friend recommended I buy this book after I had read many similar ones but none of them really touched on how I felt. This book reached out and grabbed me right away. It's so true to how you feel, how you're dealing or not dealing. It's the perfect book to help you through all that you are going through. It's very informative and I have found it to be invaluable. Highly recommended.

Iris has written the perfect book for this stage of our healing process. One of the things I find myself looking for through this grief I'm living is someone who knows . . . it's more than understanding, it's knowing what it feels like, how much it hurts, and the energy it takes to choose to live your life and go on. Iris knows. She took me back to those awful days and helped me move through them again without having to tell my story one more time to someone I hoped was really listening. Then, she helped me move on, reminding me that the choice to do so was mine. Iris has written a remarkable guide for how to heal a broken heart after you lose a loved one to suicide. Included in the book is a card insert with a poem that acknowledges how we feel, what we're thinking and then reminds us that the choice to live the lives we still have is ours to make. It's tucked into my wallet and accessible on those days that I need that reminder. Thanks you, Iris.

I found that many emotions Iris had in her grief journey were the emotion I have. She gave me hope in the darkest time of my healing process.

Our 38 year old son committed suicide last August, leaving a wife and 3 children, his parents, and many relatives and friends to mourn his leaving and trying to cope with the guilt, questions, anger, etc. This book was very helpful to me, being both informative and comforting. Everyone's story is different, but knowing that there are so many other loved ones left behind to wonder why and what could they have done differently made me realize my family is not alone in this suffering. Iris Bolton's words have helped me, and I have been able to help my husband and others with the words from her book. Everyday is difficult, but I refer to her book many times and find some relief in her words.

An honest look at the profound guilt and grief associated with the suicide of a loved one. This book

was a gift to my family after my beloved son took his own life Christmas Eve 2012. It was left on my doorstep by someone who had experienced the same heartache. Since then, I have bought it for other parents experiencing this anguish.

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