## After Suicide: A Journey of Healing

After Suicide: A Journey of Healing is a powerful and moving memoir that chronicles the author's journey of grief and healing after the suicide of her husband. Through her raw and honest account, she offers hope and inspiration to others who have lost loved ones to suicide.



#### Transfer Of Pain: After Suicide, A Journey Of Healing

by R.J. Belle

★ ★ ★ ★ ★ 5 out of 5

Language : English File size : 4940 KB Text-to-Speech : Enabled : Supported Screen Reader Enhanced typesetting: Enabled Word Wise : Enabled Print length : 180 pages : Enabled Lending



The book begins with the author's vivid description of the day she found her husband dead. She writes of the shock, the disbelief, and the overwhelming grief that consumed her. In the days and weeks that followed, she struggled to make sense of what had happened. She felt lost and alone, and she didn't know how she would ever be able to move on.

But over time, the author began to find her way. She sought therapy, joined a support group, and started writing about her experiences. Through these outlets, she began to process her grief and to heal. She learned that it was okay to grieve, and that she didn't have to do it alone.

After Suicide: A Journey of Healing is a powerful and moving tribute to the author's husband. It is also a testament to the resilience of the human spirit. The author's story shows us that even after the darkest of losses, there is hope for healing and recovery.

### **Praise for After Suicide: A Journey of Healing**

"This book is a gift to anyone who has lost a loved one to suicide. The author's raw and honest account of her journey of grief and healing is both heartbreaking and inspiring. She offers hope and comfort to those who are struggling to find their way after a devastating loss."—*Dr. Alan D. Wolfelt, author of Understanding Your Grief* 

"After Suicide: A Journey of Healing is a must-read for anyone who has been touched by suicide. The author's story is both deeply personal and universally relatable. She writes with compassion, honesty, and hope, offering a lifeline to those who are struggling to cope with the loss of a loved one."—*Ann Smolin, author of The Survivor's Handbook: A Guide for Families and Friends of Suicide Loss* 

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**After Suicide: A Journey of Healing** is available now at all major bookstores. You can also Free Download your copy online at Our Book Library, Barnes & Noble, or IndieBound.

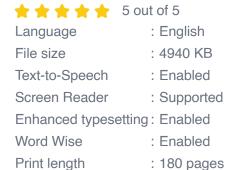
If you or someone you know is struggling with thoughts of suicide, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). You are not alone.



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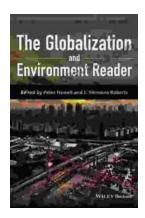
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