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further, he delves into what made it possible for them to pick up the pieces of their lives and move on.

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Overview. "It's hard to
imagine a hopeful or
inspiring book on suicide,"
writes the San Francisco
Chronicle, "until you begin
reading the astonishing
WAKING UP, ALIVE." "Turning
toward suicide can be one of

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the starkest expressions of human suffering that exists," writes Tara Brach, author of TRUE REFUGE. "In this groundbreaking book we are guided into the hearts and minds of those who have descended into this hell realm, and emerged, able to re-choose life and communicate ...

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