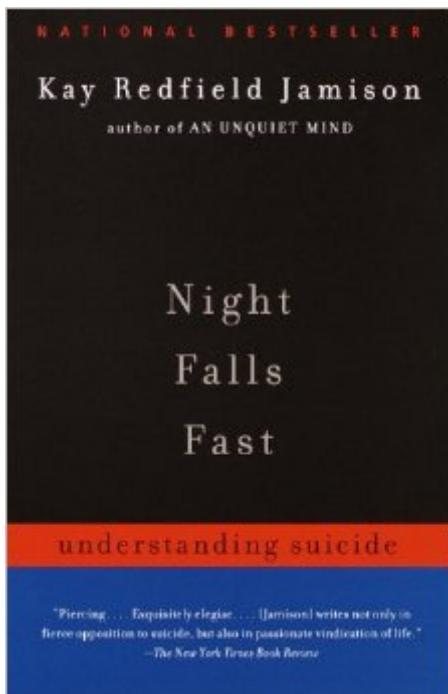


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# Night Falls Fast: Understanding Suicide



## **Synopsis**

From the author of the best-selling memoir *An Unquiet Mind*, comes the first major book in a quarter century on suicide, and its terrible pull on the young in particular. *Night Falls Fast* is tragically timely: suicide has become one of the most common killers of Americans between the ages of fifteen and forty-five. An internationally acknowledged authority on depressive illnesses, Dr. Jamison has also known suicide firsthand: after years of struggling with manic-depression, she tried at age twenty-eight to kill herself. Weaving together a historical and scientific exploration of the subject with personal essays on individual suicides, she brings not only her remarkable compassion and literary skill but also all of her knowledge and research to bear on this devastating problem. This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk, and to comprehend the profound effects on those left behind. It is critical reading for parents, educators, and anyone wanting to understand this tragic epidemic.

## **Book Information**

Paperback: 448 pages

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Product Dimensions: 7 x 2.8 x 8.3 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â See all reviews Â (159 customer reviews)

Best Sellers Rank: #58,098 in Books (See Top 100 in Books) #22 in Â Books > Self-Help > Death & Grief > Suicide #86 in Â Books > Politics & Social Sciences > Sociology > Death

## **Customer Reviews**

In 2001, I hiked from Florida to Quebec with a group of five others, to raise money for a hunger charity. When we passed through Boston, a friend of mine loaned me this book. This book is a history of suicide, written by someone who has been manic-depressive and suicidal. The history is well-researched, complex, extensive, and disturbing. At times, reading this book was like wrapping my mouth around the exhaust pipe of a truck, with clouds of soul-corroding blackness filling every corner of my being. The book just contains so much sadness and grief: the sadness of the depressed people who have taken their own lives...the grief of their families...and the seemingly unreconcilable wrongness of a world where these sort of things happen all the time. When I read it,

everything I read seemed to be about my older sister, LeeAnne. The descriptions of depression all seemed to be about her, about how she behaved and talked, and in all of the accounts, the depressed people then killed themselves, or tried to. They died, and were gone forever. It terrified me, but I was relieved to have read this, and I felt like I'd read it just in time. Night fell fast, the other hikers and I made camp in a rainstorm in a dense, wet grove of trees in New Brunswick, Canada. I left my tent and gear to go find a payphone at the flooded parking lot of a nearby truckstop. I called my sister and left a message; I told her I loved her, and told I would call her back that week. In hindsight, I should have called every hour of every day until I reached her. In hindsight, I should have called every family member and had them call her too. Because, two days later, my sister was dead. Dead from too many Ibuprofen and sleeping pills.

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