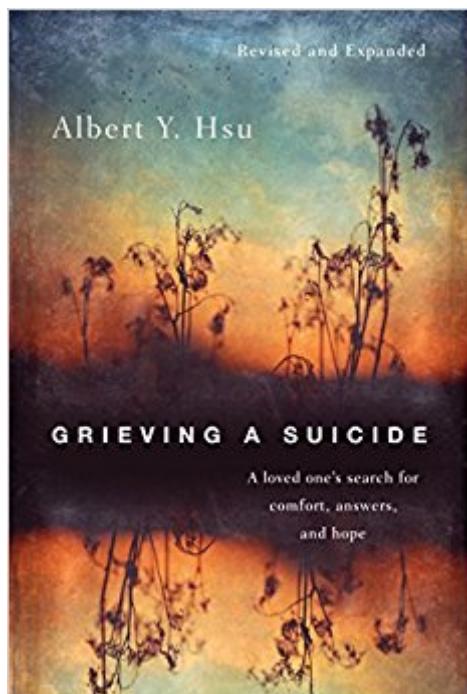


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# Grieving A Suicide: A Loved One's Search For Comfort, Answers, And Hope



## Synopsis

"Albert," the neighbor said, "your mom needs you to come home." That's how it began for Albert Hsu when his father died. Anyone who has lost a loved one to suicide experiences tremendous shock and trauma. What follows is a confusing mix of emotions—anger, guilt, grief, and despair. Suicide raises heartrending questions: Why did this happen? Why didn't we see it coming? Could we have done anything to prevent it? How can we go on? After his father's death, Hsu wrestled with the intense emotional and theological questions surrounding suicide. While acknowledging that there are no easy answers, he draws on the resources of the Christian faith to point suicide survivors to the God who offers comfort in our grief and hope for the future. For those who have lost a loved one to suicide and for their counselors and pastors, this book is an essential companion for the journey toward healing. This revised edition incorporates updated statistics, has expanded resources for suicide prevention and mental health ministry, and now includes a discussion guide for suicide survivor groups.

## Book Information

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## Customer Reviews

This guide for suicide survivors family and friends of people who took their own lives maintains InterVarsity Press's tradition of cerebral evangelicism: it is biblical, well reasoned, clearly presented and thoroughly researched. Such a head-over-heart presentation is not surprising, since the author is an IVP editor. An unexpected bonus is the personal thread Hsu weaves through each chapter, the story of his own deep grief at his father's sudden suicide four years ago. In the book's first section, Hsu explores the emotions of grief from sudden shock to eventual remembrance.

Though his map of grieving differs from the familiar one proposed by Elisabeth Kübler-Ross, Hsu never minimizes grief's importance. "Only when we actively mourn will we be able to receive the comfort that God and others offer," he writes. Nevertheless, "those without [Christian] hope grieve in one way; those with hope grieve in another." The Christian way of grieving is Hsu's focus in the latter half of the book, where he surveys Scripture to deal with questions such as whether people who die by suicide can go to heaven, where God is when tragedy strikes and what can be learned from suicide. With its careful biblical exposition presented in a friendly homiletic style, Hsu's how-to-think-about-suicide book will have value for evangelical pastors and counselors as much as perhaps even more than for the bereaved themselves. Copyright 2002 Cahners Business Information, Inc. --This text refers to an alternate Paperback edition.

Hsu's wise, bittersweet, intelligently written book relates his own coping with unexpected, violent death and compassionately examines the emotional and theological issues of suicide. Hsu's father was a suicide at 59. He had suffered a stroke and become depressed during the preceding weeks, yet his death was a great shock. Respecting his readers--for instance, by acknowledging individual differences in grieving--Hsu encourages remembering while lamenting and realizing that one will never know what could have been. He addresses such difficult, unanswerable questions as "Why did it happen?" and "Could anything have prevented it?" while exploring the morality of suicide and the problem of forgiving the suicide with great sensitivity and care. Suffering, he concludes, is part of the human condition. Rather than pondering "unfathomable mysteries," it is better to do one's best to achieve relief. Despite suffering, one can still find meaning, connect with others, and hope that good can come from pain and healing from grief. Strongly recommended for those who have lost a loved one to suicide. June Sawyers Copyright © American Library Association. All rights reserved --This text refers to an alternate Paperback edition.

Anybody who has had a loved one commit suicide never gets to figure out why and the bigger question what could have I done to prevent this and why didn't I see it coming. This book is setup so you read it all in order for really great help - or when it happens you go through very specific phases covered in the book and the author recommends skipping to what you are feeling maybe today or tomorrow or whenever something hits you. I have had two friends in this unfortunate situation - they both said thank you so much - it was the best help I had during this crappy period of life. I only read the excellent reviews of this book (it contains religious offerings - which some may not like but it isn't trying to convert you but offer explanations) but never read it myself. My friend's son killed himself - I

gave this book to his father who read it and referenced it? His wife also read it and recognized certain phases/stages and was able to identify and help him recognize what/why things were happening. If somebody is against religion then maybe not a good book - but some find god when bad things happen - IT IS AN EXCELLENT BOOK, YOU CAN THROW AWAY IN THE TRASH CAN THINGS YOU DONT LIKE/BELIEVE BUT THIS BOOK WORKS!!!! Nobody knows what to say when it happens and I felt I could do nothing to help -- THIS BOOK IS HELP.

Gentle, helpful, solid answers. The book seems to be divided into two main parts. The first part helps the reader understand that the wild swings of emotion -- OR the sudden lack of emotion -- are all normal and are part of the journey, but they won't last forever. Very affirming and comforting to know that one is not alone. The second part is more about answering questions that people have, such as, "Do all people who commit suicide automatically go to hell?" The author gives thoughtful, sensitive answers to very deep questions, and avoids platitudes. The author himself has walked this terrible road -- his own father killed himself, and the author is very transparent about what he felt & suffered, and how he coped with the tragedy.

This book is written from a Christian perspective and is the best book about grieving a suicide I have read. He does a good job of describing the complicated process of surviving a death by suicide in your family. And he really covers many aspects of why this type of death is much harder to deal with than a death from natural causes or old age. He also offers many suggestions and ways to cope if you have been through something like this. It is a comfort to know that the feelings one has after this kind of loss are normal. He also answers many questions that people may have who have lost a loved one to suicide.

bought this for some friends that had just lost their son to suicide. I got it the next day, thank you! From what I read about the book, it seems it is a very good self help book.

Hsu, whose own father died of suicide (as did this reviewer's), treats this difficult topic in a very helpful way. There is no presentation of simple movement through Kuebler-Ross' five stages of grief; he adapts her work and points out the reality that a person will likely travel through stages multiple times. The book is designed such that one need not read it straight through, but can move to topics as one feels the need and as one feels emotionally ready. Theological matters are treated in a way that is both biblical and brings comfort. It is a handy book to have on hand to give to

someone has a dear one die of suicide.

I Gave this book to my sister in law who just recently lost her 39 y.o. son to suicide. It was the best thing I could have done besides lots of prayer!! She needed a reference point, until then she just despaired at the loss, confused and contemplated her own end. Until "victims" of suicide can begin to relate and understand they are literally groping in the dark. I highly recommend this book!!

I had previously borrowed a copy of this book from my Survivors of Suicide group and loved it so much I ordered a new one for myself and another that I sent to my grandkids to read, since it was their mother who had died by suicide. This book is written by a man whose father died by suicide so he knows the feeling. It is an excellent book with a lot of helpful items in it. I would highly recommend it to anyone that has lost someone to suicide.

A friend gave me this book about 3 days after I lost my precious dad to suicide. I picked it up and started reading it while my grief and shock were so fresh and it helped me so much. There is so much pain and intense heart ache when you have to face that your loved one has taken their own life, this book helped me realize I'm not the only one who has gone through this, and that it wasn't my fault. It's like going to really good counseling, all written down in the book, by an author who has been through the same thing as me. Its been 3 years since my dad died and I still go back and re-read parts of the book that I have underlined. I have bought this book 2 times since to give to friends and family who have lost a loved one by suicide to hopefully help them get through their intense grief too. I highly recommend this book to anyone who is a suicide survivor (those who've had a loved-one die this way).

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