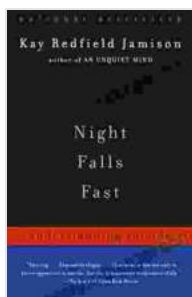


Night Falls Fast: Understanding Suicide



Night Falls Fast: Understanding Suicide

by Kay Redfield Jamison

★★★★☆ 4.6 out of 5

Language : English

File size : 1933 KB

Text-to-Speech : Enabled

Screen Reader : Supported
Enhanced typesetting: Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 542 pages



Suicide is a serious problem that affects millions of people around the world. It is the tenth leading cause of death in the United States, and it is the second leading cause of death for people aged 15 to 24.

Night Falls Fast is a powerful and moving book that sheds light on the complex issue of suicide. Written by a leading expert in the field, Dr. Thomas Joiner, this book offers a comprehensive understanding of the causes, risk factors, and warning signs of suicide. It also provides practical advice for preventing suicide and helping those who are struggling with suicidal thoughts.

In Night Falls Fast, Dr. Joiner argues that suicide is not a simple act of self-destruction. Rather, it is a complex phenomenon that is often the result of a combination of factors, including mental illness, trauma, and social isolation.

Dr. Joiner also identifies a number of risk factors for suicide, including:

- Mental illness, such as depression, anxiety, and bipolar disorder
- Trauma, such as childhood abuse or neglect, or military combat

- Social isolation
- Substance abuse
- Access to firearms

Dr. Joiner emphasizes that suicide is preventable. He provides a number of practical tips for preventing suicide, including:

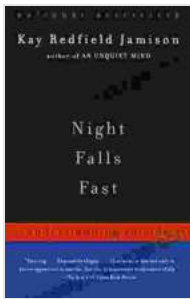
- Talking to someone you trust about your suicidal thoughts
- Getting professional help
- Taking medication
- Joining a support group
- Learning coping skills
- Reducing your access to firearms

Night Falls Fast is an essential read for anyone who wants to understand suicide. It is a powerful and moving book that offers hope and help to those who are struggling with suicidal thoughts.

Free Download Your Copy Today

Night Falls Fast is available in hardcover, paperback, and e-book formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your local bookstore.

If you or someone you know is struggling with suicidal thoughts, please reach out for help. The National Suicide Prevention Lifeline is available 24 hours a day, 7 days a week at 1-800-273-8255.



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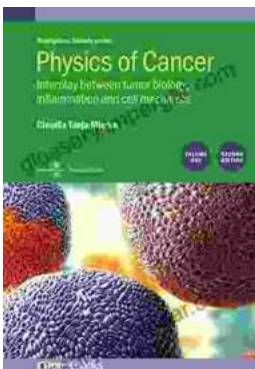
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