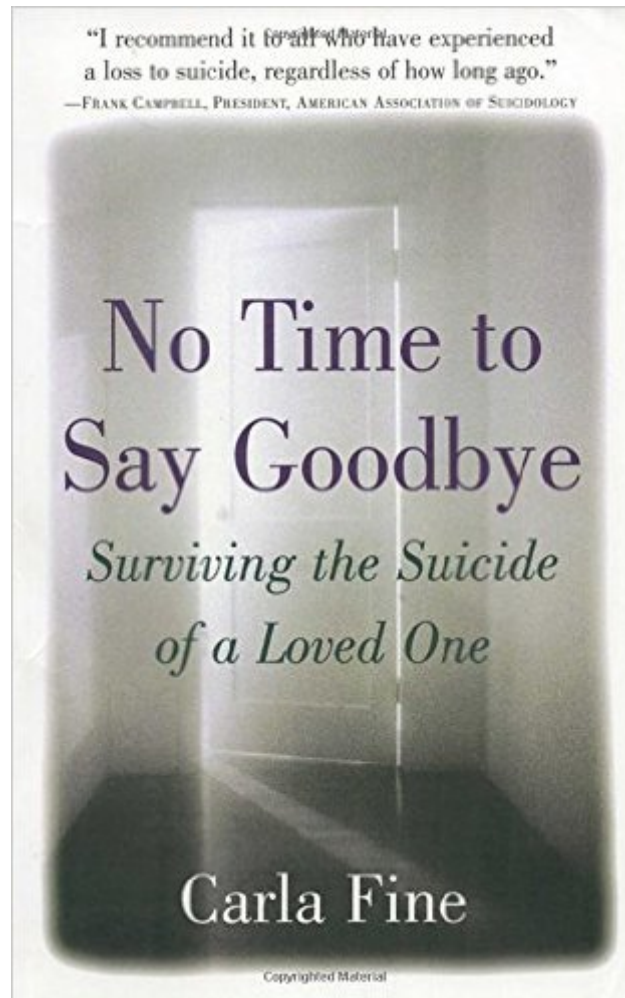




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# No Time To Say Goodbye: Surviving The Suicide Of A Loved One



## Synopsis

Suicide would appear to be the last taboo. Even incest is now discussed freely in popular media, but the suicide of a loved one is still an act most people are unable to talk about--or even admit to their closest family or friends. This is just one of the many painful and paralyzing truths author Carla Fine discovered when her husband, a successful young physician, took his own life in December 1989. And being unable to speak openly and honestly about the cause of her pain made it all the more difficult for her to survive. *No Time to Say Goodbye*, she brings suicide survival from the darkness into light, speaking frankly about the overwhelming feelings of confusion, guilt, shame, anger, and loneliness that are shared by all survivors. Fine draws on her own experience and on conversations with many other survivors--as well as on the knowledge of counselors and mental health professionals. She offers a strong helping hand and invaluable guidance to the vast numbers of family and friends who are left behind by the more than thirty thousand people who commit suicide each year, struggling to make sense of an act that seems to them senseless, and to pick up the pieces of their own shattered lives. And, perhaps most important, for the first time in any book, she allows survivors to see that they are not alone in their feelings of grief and despair.

## Book Information

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## Customer Reviews

In 1989, the author's husband of 21 years, 44-year-old Harry, a New York City physician who was depressed over the recent deaths of his parents, killed himself with a lethal dose of an anesthetic. Stunned by her loss, Fine (*Married to Medicine: An Intimate Portrait of Doctors' Wives*) searched in vain for books on how to deal with the suicide of a loved one. In her comprehensive and well-written

manual for "suicide survivors," such as herself, she offers advice for those recovering from the suicide of a marital partner, relative or close friend. Drawing on research, interviews with survivors and her own experience, Fine provides insights into living beyond this tragedy including dealing with feelings of guilt and anger, the stigma of suicide and financial and legal problems, and she tells where to get help. She stresses that joining a peer support group is an important coping tool. Although some of the descriptions of suicides make for harrowing reading, the book is a valuable contribution to an overlooked subject. Copyright 1996 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

A great many books have been written on the reasons for suicide from the victim's point of view, but this powerful work deals with the wrenching emotional effects of unexpected purposeful death on grieving survivors. The author's husband, seemingly a thriving physician, took his life in December 1989. Fine's discovery of his body left her with a flood of mixed emotions and anguish that inspired her to record, in vividly honest terms, the legacy of suicide on survivors. Despite the permanent sadness and even humiliation that suicide survivors face, this book offers hope in its summary of predictable patterns of adjustment. Sections move from the suicide, to its aftermath, to survival and how to make sense of the chaos. An excellent appendix includes current information on organizations, resource materials, and support groups for suicide survivors. The bibliography is extensive and useful. Recommended for public libraries and specialized mental health collections. ?Catherine T. Charvat, John Marshall Lib., Alexandria, Va. Copyright 1996 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

A good friend killed himself a few weeks ago and I found out only because his sister in law posted the info for his Facebook friends. Because I'm a psychiatric RN with 30 plus years of experience and I knew that he was "high risk" this devastated me. I looked for some help in books but this one basically was useless for me. The author spend many pages describing how different folks killed themselves which was of no interest to me - I didn't find any practical advice at all - and it seemed to also be focused on family members rather than friends of the deceased. I will just have to keep looking I guess.

I bought this a week after my brother died by suicide. This was a good book to read, just reading some of the other accounts, though not all were exactly the same, or any, really, this book was helpful in making me realize that I was not alone. This book helped a lot.

This book was a big help to me in struggling to deal with the aftermath of my husband's suicide. It is written from a personal viewpoint and doesn't just throw a lot of technical jargon at you.

When my best friend killed herself this past Nov. I had to leave in Dec. to plan my over-seas wedding. As much as I didn't want to go and stay in bed I was pushed by loved ones to just get out of my physical location. I decided to keep my mind pre-occupied because I was/am still trying to grasp the reality of the situation I stumbled across this book (I purchased other suicide self-help books but this was the one for the situation at the time). I read this book many times and at times a sentence or a paragraph because of facing the turmoils of emotions and feelings of the newly found relationship I had with this author. In a lot of ways this book saved me from possibly making the mistake that got me here in the first place just at the sheer fact of knowing I wasn't alone and my thoughts weren't those of a crazy depressed person. It was that of a person who had lost a loved one, facing a sudden death and having the anger towards the murderer who was in fact the victim. It is nice to feel like you're not alone especially during this time of shock, denial, depression, anger and the intermittent stages of your grieving. I haven't read the chapters on the 1 year mark because it is not time yet. Please order this book for yourself or friends or family. Wrap it in a book cover if you are afraid of other people seeing. It won't be an easy breezy read or something that will be light-hearted as I am sure you might shed a tear but it has been the most comforting words I have heard since this happened in my life. Thank you to Carla, I wish my friend read this book.

One can applaud Carla Fine for sharing her story of struggle in the wake of suicide. Accompanying her own story are a number of accounts by other survivors of suicide. Sadly (but understandably), they come off as one-sided, done-me-wrong, stories by people in the throes of self-pity. The more times I read of suicide as "a selfish act" the more entrenched I became in believing the exact opposite. The book relies almost exclusively on quotes from the book *Suicide and its Aftermath: Understanding and Counseling the Survivors*. It began to seem like an abstract. It would have been nice to see some use of her other references. A number of support groups are provided at the end which should be of some help to those seeking support and that may well be the best part. All in all, not very illuminating if that is what you are looking for in this type of book. Frankly, I expected more.

This was a very quick read for me. The other stories of suicide and the effects on the survivors of

such losses actually is testament to the individual healing processes and how we all are so different in how we grieve and that what we are feeling and experiencing in the aftermath of our own personal losses and healing journeys is truly unique to the individual. Carla Fine writes from the heart and with great wisdom and compassion. She went through a horrific ordeal with the loss of her husband to suicide and over time has grown to be a strong, courageous and resilient woman. She provides a lot of information -- personal, medical and psychological. Her book also offers other resources for support and I will be reading a few of the books in her bibliography.

It's been 6 weeks , 1day , 23 hours and 15 minutes since that fateful phone call telling us that our baby had died of suicide. Since then I have been grasping for anything that will help me thru the chaos we find ourselves in the middle of. This authors insight gave us comfort in knowing exactly what was happening to us , and reassuring us that we weren't going crazy. I would recommend the newly bereaved read this , as well as those that are helping them. Good luck and God Bless to those that find themselves on this trip, one that there is never any rest stops on .

I lost my daughter to suicide 15 years ago. This was the first book I read, and I read it soon after the loss. I've read many since, but this is the only one I go back to, reread, and recommend to others. We are all different and of course no book is suitable for everyone, but this is the book mentioned most often to me by others who have lost loved ones to suicide. This is not a "self-help" book. Carla Fine writes beautifully. She does not presume to understand the reader's feelings, does not tell you how you "should" feel or what your "should" do. She tells her own story and allows others to tell their stories. That simple. I still find this book deeply moving and somehow comforting.

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