Written by a clinical psychologist and illustrated with vignettes from the author’s experience, this book offers a clear understanding of how suicidal thought develops, how we can help prevent death from suicide, and how suicidal people can recover and change their way of thinking. Presents practical information of critical importance that can help prevent death from suicide. Specifically written to serve one of the highest risk and most vulnerable groups to suicide (youth ages 15–24) and provides them with information and resources to save lives. Provides real hope and "a way out" to those feeling suicidal.

**Book Information**

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