



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

By Carla Fine

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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.

With **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.

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Editorial Review

From Publishers Weekly

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.

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From Library Journal

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.*

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From Booklist

Few events in life are as traumatic as the suicide of a loved one, as Carla Fine knows firsthand. Fine's husband killed himself seven years ago, and she battled with the emotional turmoil so common to survivors of a suicide. Using her experiences, those of other survivors, and advice from mental-health professionals, Fine provides a compassionate guide for dealing with the guilt, anger, and confusion. The pain is made worse by the social stigma attached to suicide, an act that is still considered criminal. Fine herself initially lied to coworkers, telling them her husband died of a heart attack rather than face the embarrassment of the truth. In unearthing the causes of this torment, Fine hopes to foster healing, in part by stressing the importance of forgiving the absent person. Sensitive and curative, this book offers a frank look at a subject many would prefer to ignore. *Brian McCombie*

Users Review

From reader reviews:

Lidia Hill:

This No Time to Say Goodbye: Surviving The Suicide Of A Loved One book is not ordinary book, you have

it then the world is in your hands. The benefit you get by reading this book is information inside this reserve incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This kind of No Time to Say Goodbye: Surviving The Suicide Of A Loved One without we recognize teach the one who reading through it become critical in contemplating and analyzing. Don't be worry No Time to Say Goodbye: Surviving The Suicide Of A Loved One can bring if you are and not make your handbag space or bookshelves' turn into full because you can have it with your lovely laptop even mobile phone. This No Time to Say Goodbye: Surviving The Suicide Of A Loved One having good arrangement in word in addition to layout, so you will not experience uninterested in reading.

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