



Finding Peace Without All the Pieces: After a Loved One's Suicide (Paperback)

By Larita Archibald

Larch Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. Launched with a powerful narrative thrust of the suicide of her son in 1978, LaRita Archibald leads the reader from the initial trauma of violent death, through the ragged, brutal and unknown psychological and emotional landscape that must be traversed to find eventual peace. Using lessons learned from decades of work with suicide bereaved LaRita helps survivors of suicide loss have a framework for understanding the complexities of suicide grief and the reassurance that what they are experiencing is normal for what they have experienced. She gives names to the unsettling experiences of phantom pain and flashbacks and validates feelings of anger, responsibility, frustration, even relief, as well as the need to search for answers, reasons and cause. By addressing the concept of choice and the impact of religious beliefs, misconceptions and age-old bias, LaRita helps uncover layers of cultural influence that often create barriers to healing. She shares anecdotes of military suicide loss, the compounded tragedy of murder/suicide and multiple suicide loss and how those left behind gained the strength to work through the extreme circumstance of their tragedies. She offers practical advice for protecting...

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