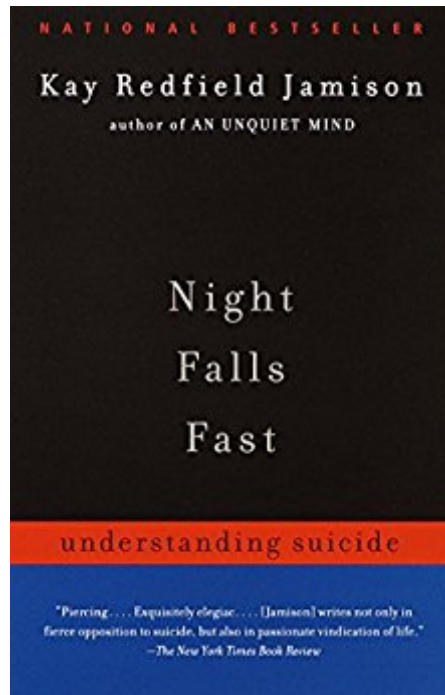




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# Night Falls Fast: Understanding Suicide



## Synopsis

From the author of the best-selling memoir *An Unquiet Mind*, comes the first major book in a quarter century on suicide, and its terrible pull on the young in particular. *Night Falls Fast* is tragically timely: suicide has become one of the most common killers of Americans between the ages of fifteen and forty-five. An internationally acknowledged authority on depressive illnesses, Dr. Jamison has also known suicide firsthand: after years of struggling with manic-depression, she tried at age twenty-eight to kill herself. Weaving together a historical and scientific exploration of the subject with personal essays on individual suicides, she brings not only her remarkable compassion and literary skill but also all of her knowledge and research to bear on this devastating problem. This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk, and to comprehend the profound effects on those left behind. It is critical reading for parents, educators, and anyone wanting to understand this tragic epidemic. From the Trade Paperback edition.

## Book Information

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## Customer Reviews

Brings new understanding of questions I've had for years. She writes in a way that is very easy to

understand and brings home the human cost. Robin Williams' suicide has made us more aware of suicide and depression-----he seems to have had nearly all the risk factors for suicide which is itself tragic. Suicide has touched my family too and i've certainly considered it. We need more understanding and compassion -----it's not a selfish act and can be the most unselfish act of all-----when the person feels no hope and that they are or will be a burden to their family. True depression is impossible to describe in words. There is still a lot to understand about mood disorders but I do understand more after reading this book.

I have only read a small portion of this book. It was to help gain insight to a family members struggle with depression. The book has a lot of great information that takes some of the mystery out of suicide. My personal point of view is that all books should provide a 10 page summary due to many of us not having time to read an entire book. I don't intend on reading this entire book. But I can say it has information on suicide that you probably won't find anywhere else. Not compiled in such a useful informative way anyway.

I have read several of Ms Jamison's books. In all of them she provides insights into those of us with a different mental makeup. This was especially true of this book. It was sometimes challenging to read about the lives of those who were in so much pain. But, I am grateful for the awareness it provided.

The book is a direct but sensitive discussion of one of the tragic, secret epidemics world wide. Jamison delves into the size of the problem, some of the "whys", and addresses a few ideas about where to go from here. Told both through the eyes of a scientist, and those who have been there, this is a gripping book for anyone trying to understand this most personal and difficult of topics.

My son committed suicide 10 months ago, and this book is the first thing I've read that helps me begin to sort through my grief by explaining mental illness and its link to suicide. It also helped me realize the feelings of desperation, guilt and loss are part of this painful community of families left behind. It is a must read for anyone who knows and loves a person with suicidal tendencies. It's also a must read for teachers in the classroom who often are on the first line of defense. I hope you find it before it is too late.

Lots of interesting facts about suicide, but is not triggering for those with suicidal thoughts, as I

expected it to be. This is a great read for those who have considered suicide or for their loved ones, but I don't know if it's right for those who are suicide survivors, as I don't have that experience and I wouldn't be able to tell. Jamison's writing is extremely accessible - as morbid as it may seem, this was a page-turner, and I felt I couldn't put it down. If you suffer from bipolar disorder or know someone who does, I would recommend this in conjunction with Jamison's other book, *An Unquiet Mind*. She references the latter often in this book, so you might want to read that one first, as I did.

Great book on suicide and its many causes. Case studies are used to great effect as are the clinical follow-ups. Commentary by the author, herself a survivor of deep depression and bipolar (though she does not like this term) disease. The book provides many insights into the reasons that so many commit suicide.

Dr. Jamison's book is written from a unique and compassionate point of view that most other books on suicide are not - she has seriously attempted suicide, and she has bipolar disorder. She accesses a tremendous amount of research to illustrate the epidemic of suicide in the USA - questionnaires such as: How likely is a person to actually go through with the act? Additionally she is able to tell stories of people who have committed suicide that leave everyone wondering - if only... just as in real life. Does the stigma of mental illness continue to pervade society? She plainly tells the facts of suicide - how people accomplish it, why people do it, when people do it, where they do it. She uses her own pact with a friend to show what a ridiculous thought that is --- you promise to call me before you harm yourself --- when people are at that low point in their lives, the last thing they are going to do is reach out for help, even to someone they know suffers as deeply as they do. She is clearly against suicide, but has much compassion for those who suffer such deep and unrelenting depressions. This is not the 1st book you'd want to read on suicide if you are a recent suicide survivor.

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