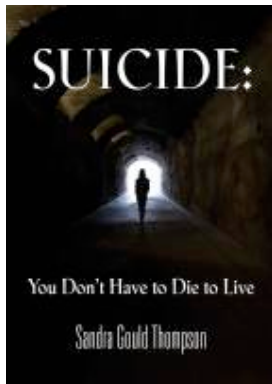


A black and white photograph of a person walking away from the viewer down a long, dark tunnel. The tunnel has a series of arches on the sides, and a bright light is visible at the far end, creating a silhouette of the person. The overall mood is somber and contemplative.

SUICIDE:

You Don't Have to Die to Live

Sandra Gould Thompson



Suicide is something no one wants to talk about. It conjures up everything that we fear. It requires that we examine our mortality. It paralyzes us. Author Sandra Gould Thompson describes her attempted suicide, along with her experience once departed from her body. This account is not what you expect. The time has passed to be meek and dismissive. If you are afflicted, you must act now! Here is your plan of action.

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Sandra Gould Thompson

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This book provides content related to suicide, psychotropic medications, and therapy-related topics. As such, use of this book implies your acceptance of this disclaimer.

Do not read any further if you do not want my help at a time when you are hurting beyond what you feel you can endure. If you are intent on your actions, I am not physically there to stop you, but ***I was where you are now*** and can tell you in all honesty that you are assuming a great deal. I did. What makes you think that if you commit suicide that it will be the end of the torment in your head and that you will finally rest? It's not true. Have you ever heard the saying, "jumping from the frying pan and into the fire"? This is absolutely true! Do not fool yourself. That rest (peace) you think you're going to enjoy is only a wish. It does not make it true! The cessation of anguish presumes that anything would be better than what you are currently feeling. Again, this is your wish, but is not based in reality.

Most of us have seen the rockets that take off out of Cape Kennedy, destined for space. Well, if the weather gets too dismal or the winds are raging too hard, they have “lost the window” and the rocket will not launch until it improves. If the conditions are not ideal, the rocket will not make it out of Earth’s atmosphere, and all sorts of problems ensue.

I have a theory. I cannot prove it, but I can tell you from my own experience of attempting to leave life’s gravity that when you don’t have the window, you can only wish for the anguish that comes without making it. The fact is that when humans attempt to leave the earth prematurely, they never make the window. This begs the following question: Has your life truly become so unbearable that you would risk it becoming even worse?

Before you attempt suicide, keep in mind the movie character, Dirty Harry, when he asked the prisoner, “Do you feel lucky?”

I know this all sounds maddeningly claustrophobic. Am I trying to scare you? You had better believe it!

Now that you can hear, I need you to listen.

You don't have to die to find rest and happiness. No, better than that, you do not have to die to find peace and contentment. Happiness comes and goes dependent upon the circumstances. Unlike happiness, peace and contentment can exist in the worst of circumstances. They can (and do!) happen here; not just in the afterlife. My history is probably as sordid as it gets, from infancy through my sixties. That's right. I am in my sixties, and how I wish I had seen the truth when I was much, much younger. However, no matter what your age, there is

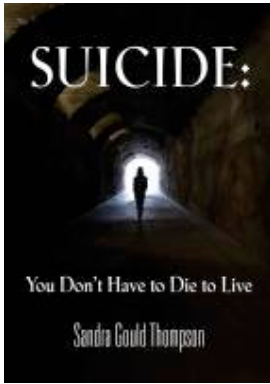
plenty of time to find on Earth what you think you can only have in an afterlife. Depending upon your beliefs, you will someday experience an afterlife. However, until then, you need to take a hard look at the very deepest part of yourself. The part of that other people, “normal” people, know nothing about.

When you have reached the end of yourself, you think that everyone around you has a happy life and have always had a happy life. You assume that they have close, happy, loving families. They have tons of friends. They know they are beautiful, and so does everyone else. They are never alone. You assume that they never did (nor ever would) experience the torment with which you struggle so terribly. The truth is there are no charmed lives...none!

So what if they didn't have your history of severe neglect as a young child? So what if they never lost the

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only person who ever loved and accepted them? No matter what agony has badly damaged you, you trust that each person in this world has dealt with some degree of pain in their lives. What does it mean to feel pain? And is it ever possible to understand the amount of pain someone is experiencing? Let's examine this concept further.



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