



Silent Grief: Living in the Wake of Suicide

Christopher Lukas

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Silent Grief is a book for and about "suicide survivors" - those who have been left behind by the suicide of a friend or loved one. Author Christopher Lukas is a suicide survivor himself - several members of his family have taken their own lives - and the book draws on his own experiences, as well as those of numerous other suicide survivors. These personal testimonies are combined with the professional expertise of Henry M. Seiden, a psychologist and psychoanalytic psychotherapist. The authors present information on common experiences of bereavement, grief reactions and various ways of coping. Their message is that it is important to share one's experience of "survival" with others and they encourage survivors to overcome the perceived stigma or shame associated with suicide and to seek support from self-help groups, psychotherapy, family therapy, Internet support forums or simply a friend or family member who will listen. "Silent Grief" gives valuable insights into living in the wake of suicide and provides useful strategies and support for those affected by a suicide, as well as professionals in the field of psychology, social work, and medicine.

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