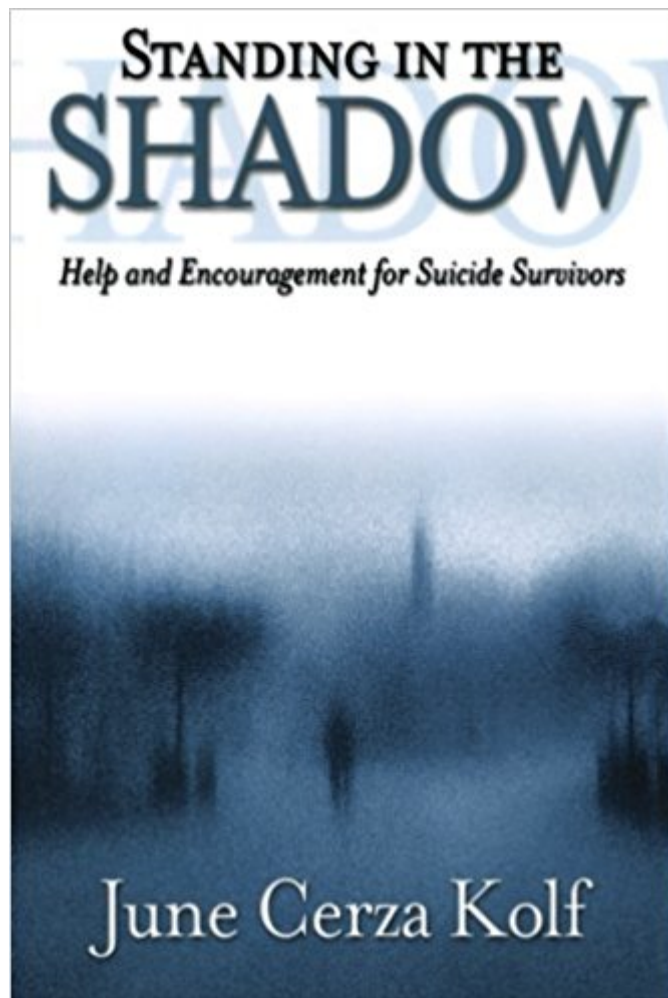




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Standing In The Shadow: Help And Encouragement For Suicide Survivors



Synopsis

Grief counselor June Cerza Kolf is repeatedly asked for specific guidance in helping suicide survivors function and heal. Their grief is unique in that the trauma of suicide leaves them in such a devastated state that the typical coping mechanisms no longer work. With deep sensitivity, Kolf leads readers through mourning to acceptance. She helps them realize the tragedy was out of their control, release their guilt and anger, and gain the power of prayer. *Standing in the Shadow* covers the heart of thirty-four topics, including depression, forgiveness, and the salvation of those who commit suicide. The gentle, honest writing provides answers, hope, and comfort for the bereaved.

Book Information

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Customer Reviews

The end of a precious life has come unnaturally. You may wonder how you can possibly survive your loved one's suicide. Anger, guilt, hopelessness, and unanswered questions may swirl wildly around in your mind while you try to hang on, searching for a sign that you will come through this trauma in your life. With deep sensitivity, June Cerza Kolf, a veteran of hospice work, addresses the uniquely painful issues you are facing right now, such as forgiveness, depression, and the search for answers. *Standing in the Shadow* will lead you through mourning to acceptance and will help you release your guilt and anger and embrace the mighty power of prayer. "Think of your grief as a journey," Kolf writes. "Like any journey, you must take it one step at a time. Travel slowly and allow plenty of time to pause and rest along the way." With her help, you can travel the road back to purposeful and meaningful living. Though it may be hard to believe, you can eventually move out of this dark shadow and back into the sunlight.

June Cerza Kolf has worked in hospice care for years, teaches grief seminars, and conducts grief recovery sessions. She is the author of several books and lives in Quartz Hill, California.

This is an easy to read resource for individuals coping with the loss of a loved one, as a result of suicide. I found it to be a source of comfort and understanding and recommend it to anyone who is dealing with such loss.

Best written book I've read yet on this topic! Definitely a "must read"!

the author has not survived the suicide of a loved one. it shows. she talks about how someone looks nice and color coordinates her outfits. she talks about suicide and relates stories of the loss of a limb. she quotes the bible. the book is very short and gave me not a bit more hope. Don't waste your money - the book available free online from suicidology is much better. If you want to spend money - Carla Fine's book is much better - the best I've found. From a bereaved survivor who doesn't need to be told how to color coordinate.

I purchased this book for a friend, and after she read it she bought 13 more copies for family members, saying she found it immensely helpful. Based on that, this is now my go-to book for a person who has suffered the suicide loss of someone close to them. It's a fairly brief book, which is good for someone who is suffering such a tremendous loss, but from my brief skimming of it, it seems to address well the issues of grief, and the specific issues of loss and grief suffered in the suicide of a loved one.

A lighter weight book for survivors. I found the activities she suggested to be helpful in helping me sleep at night, rid myself of some thoughts of guilt, and move forward with my life. I did find it to be religious (Christian) which didn't help me as much as Carla Fine's book, No Time to Say Goodbye. It was not judgemental however. It's openminded and offered me some comfort. Easy to read in one sitting.

My closest friend found her husband dead from suicide 2 months ago. It destroyed her. I researched books, and found this one to be right on the mark for her. She reads it again and again and says it is really helping her. Yes, it is Christian, but not at all pushy about it. The book cuts through all the

medical detail and presents a lesson on what to expect and how to deal with the different stages of grief on a very personal level.

The description of this book states that for suicide survivors, "their grief is unique..." That is true for me from personal experience, having lost my son at the age of 22 to suicide, and that is exactly the problem with this book. The only authors who have helped me are the ones who have lived through this "unique" trauma. The authors who have no personal experience should stick to writing books about grief in general, or whatever else...

I thought this book was wonderful, very easy to read and understand, gets to the point of different feelings you go through, and gives a christian perspective in dealing with what you cannot control. I am a survivor of the suicide of my husband and this book was very helpful.

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