

## Waking Up Alive The Descent The Attempt And The Return To Life

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By offering clear, profound portraits of hope, this extraordinary and unprecedented book attests to the resilience of the human spirit, by bearing witness to those who stood at death's door, and found the courage to live."It's hard to imagine a hopeful or inspiring book on suicide until you begin reading the astonishing Waking Up, Alive."--San Francisco Chronicle"In this sensitive book ...

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Overview. " It ' s hard to imagine a hopeful or inspiring book on suicide, " writes the San Francisco Chronicle, " until you begin reading the astonishing WAKING UP, ALIVE. " " Turning toward suicide can be one of the starkest expressions of human suffering that exists, " writes Tara Brach, author of TRUE REFUGE. "In this groundbreaking book we are guided into the hearts and minds of those who have descended into this hell realm, and emerged, able to re-choose life and communicate ...