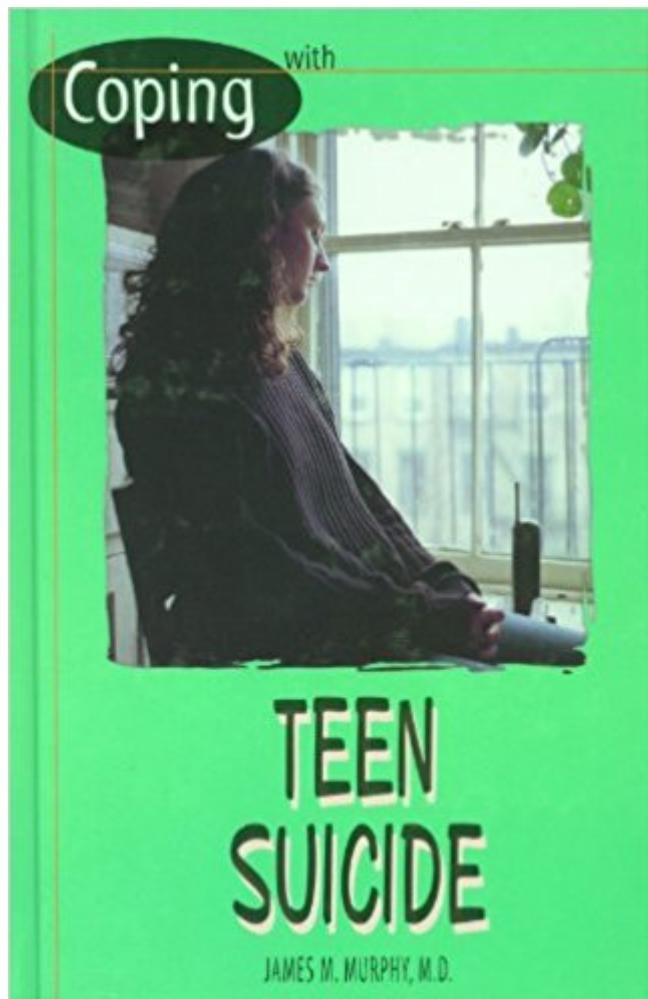


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# Coping With Teen Suicide



## **Synopsis**

Coping with Teen Suicide is a self-help book for you, if you are a teenager. It is designed to help you or your troubled friends cope with stress, frustration and depression and to help you not commit suicide. Some teenagers--and not other teenagers--are on the path to suicide or at the door of suicide. Those on the path to suicide have difficulties coping with stress, are depressed, turn their anger at other people against themselves, are preoccupied with the idea of death, give themselves only one of two choices, have unresolved grief over deaths in their family; and/or are influenced by family and friends to be self-destructive. This book helps you, a teenager, not only get off the path to suicide and not kill yourself but also helps you get on the path to a happy, fulfilling, satisfying life and want to live. The four "F's" on this path are: (1) Feelings--finding constructive ways to express all of the human emotions and feelings, (2) Friends--developing many different kinds of friendships, (3) Functioning--doing something that you think is interesting and that society pays you to do, (4) Faith--believing in something that gives you a positive meaning and purpose to your life. Mothers, fathers, sisters, brothers, and friends of teenagers and those who work with teenagers may also obtain help from this book. If you have lost a loved one through suicide, there is a chapter in this book to guide you through the grief process.

## **Book Information**

Series: Coping

Hardcover: 125 pages

Publisher: Rosen Publishing Group (September 1999)

Language: English

ISBN-10: 0823928241

ISBN-13: 978-0823928248

Product Dimensions: 9.4 x 6.2 x 0.7 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #5,980,401 in Books (See Top 100 in Books) #53 in Books > Teens > Social Issues > Suicide #2071 in Books > Self-Help > Death & Grief > Suicide #4316 in Books > Teens > Education & Reference > Social Science

Age Range: 12 and up

Grade Level: 7 and up

## **Customer Reviews**

Grade 6 Up-Murphy speaks to teens contemplating suicide, the second leading cause of death in this age group, and to anyone who is close to such troubled individuals. Employing anonymous case histories, he explores contributing factors such as societal stress, challenges of adolescent development, and the special problems of gay and lesbian teens. Depression is cited as an important symptom and stage of the process leading to suicide. There are excellent chapters on "Mistaken Thinking" (a sense of limited options and illusions about the nature of death), coping skills, and the plight of surviving relatives and friends. The author's style is intelligent and sympathetic. He attempts to build on the positive aspects present in every life, but he is neither dogmatic nor unrealistic. Another useful title on the subject is Bev Cobain's emotionally charged When Nothing Matters Anymore (Free Spirit, 1998). Alvin Silverstein's Depression (Enslow, 1997) and Lisa Wolff's Teen Depression (Lucent, 1998) deal with a major component of the suicide conundrum. Libby K. White, Jewish Vocational Services, Baltimore, MD Copyright 1999 Reed Business Information, Inc.

"In this valuable book, Coping with Teen Suicide, Dr. Murphy speaks directly to teens, either troubled or with troubled friends. They should read it. Parents, teachers, school administrators and all who work or live with teens can profit from the observations and suggestions of this wise and experienced counsellor. The knowledge contained in this book can save lives." -- Fred Brown, Ph.D., Professor Emeritus of Psychiatry, Mount Sinai School of Medicine, New York, New York--Personal Communication, December 1999 "The chapter on depression is worth the price of the book." -- Personal communication from author's friend, December 1999

The author has a MDiv degree but does not explain a biblical stance. In fact most of the book is contrary to a biblical stance

I found this author to be very insightful. It was an eye opening insight to the minds of young people, who are desperate enough to take their own lives.

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Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Coping with an Organ Transplant: A Practical Guide (Coping With Series) The Weight Loss Surgery Coping Companion: A Practical Guide for Coping with Post-Surgery Emotions The Weight Loss Surgery Coping Companion: A Practical Guide to Coping with Post-Surgery Emotions Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger Suicide was at the end of my Rainbow: For those with suicidal ideations and suicide attempts The Teen Girl's Survival Guide: Ten Tips for Making Friends, Avoiding Drama, and Coping with Social Stress (The Instant Help Solutions Series) Grieving for the Sibling You Lost: A Teen's Guide to Coping with Grief and Finding Meaning After Loss (The Instant Help Solutions Series) Surviving The Roller Coaster: A Teen's Guide To Coping With Moods (Science of Health Youth and Well Being) Youth Coping with Teen Pregnancy: Growing Up Fast (Helping Youth with Mental, Physical, and Social Challenges) Teens and Suicide (Teen Mental Health) Teen Suicide: Too Young to Die (Issues in Focus) Teen Suicide (At Issue) The Silent Cry: Teen Suicide and Self-Destructive Behaviors

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