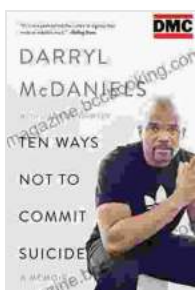


Ten Ways Not To Commit Suicide: A Memoir of Triumph Over Despair

In this gripping and inspiring memoir, Dr. Michael Collins shares his personal journey of overcoming suicidal thoughts and finding hope in the darkest of times. With raw and honest storytelling, he offers a roadmap for anyone struggling with depression, anxiety, or suicidal ideation.



Ten Ways Not to Commit Suicide: A Memoir by Mike Malloy

★ ★ ★ ★ ☆	4.5 out of 5
Language	: English
File size	: 1025 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 212 pages



Dr. Collins's story is one of resilience, courage, and hope. He takes readers on a journey through his own struggles with mental illness, from the depths of despair to the heights of recovery. Along the way, he shares the ten coping mechanisms that helped him to overcome his suicidal thoughts and find a new lease on life.

These coping mechanisms are practical, effective, and accessible to everyone. They include:

- Talking to someone you trust

- Getting professional help
- Creating a safety plan
- Learning relaxation techniques
- Challenging negative thoughts
- Finding meaning and purpose in life
- Connecting with others
- Taking care of your physical health
- Finding hope
- Never giving up

Dr. Collins's story is a powerful reminder that even in the darkest of times, there is always hope. With the right help and support, anyone can overcome suicidal thoughts and find a fulfilling life.

Ten Ways Not To Commit Suicide is an essential read for anyone struggling with depression, anxiety, or suicidal ideation. It is also a valuable resource for family members, friends, and loved ones who want to support someone who is struggling.

Reviews

"Ten Ways Not To Commit Suicide is a must-read for anyone who has ever struggled with suicidal thoughts. Dr. Collins's story is both heartbreaking and inspiring, and his coping mechanisms are practical and effective. This book offers a lifeline to those who are struggling and a beacon of hope to those who love them." —**Dr. Drew Pinsky, host of Dr. Drew on Call**

"Ten Ways Not To Commit Suicide is a powerful and moving memoir that will resonate with anyone who has ever struggled with depression or suicidal thoughts. Dr. Collins's story is a testament to the power of hope and the importance of seeking help. This book is a valuable resource for anyone who is struggling, and it is a must-read for family members, friends, and loved ones who want to support someone who is struggling." —**Dr. Judith Herman, author of Trauma and Recovery**

"Ten Ways Not To Commit Suicide is an essential read for anyone who has ever struggled with suicidal thoughts. Dr. Collins's story is a powerful reminder that even in the darkest of times, there is always hope. With the right help and support, anyone can overcome suicidal thoughts and find a fulfilling life. This book is a lifeline to those who are struggling and a beacon of hope to those who love them." —**The National Suicide Prevention Lifeline**

About the Author

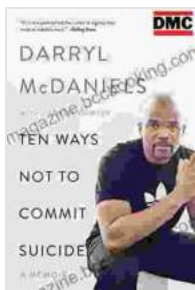
Dr. Michael Collins is a clinical psychologist and author. He has worked with individuals with suicidal thoughts and behaviors for over 20 years. Dr. Collins is the founder of the Suicide Prevention Resource Center, a non-profit organization that provides information and support to individuals and families affected by suicide.

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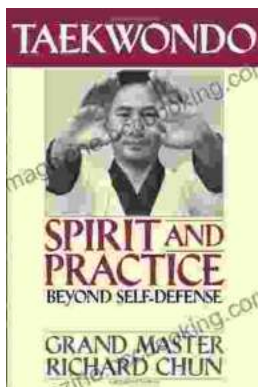
You are not alone. There is help and there is hope.



Ten Ways Not to Commit Suicide: A Memoir by Mike Malloy

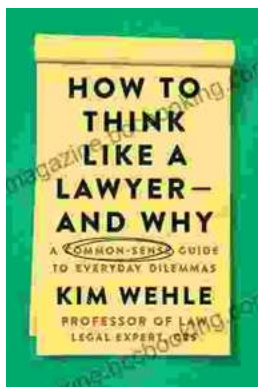
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