

Waking Up, Alive By Richard A. Heckler

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Dr. Richard A. Heckler has worked in the field of psychology, as a therapist, professor and consultant for over thirty years, drawing heavily on Buddhist psychology

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Waking Up Alive: The Descent The Suicide Attempt and the Return to Life is a book about suffering and the relief of suffering. It's hard to imagine a hopeful or

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Waking Up, Alive has 55 ratings and 1 review. Charlie said: Very triggering in parts, but it's a good book overall. The second time I picked it up (after

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These stories of recovery by attempted suicides shed light on the stages through which people emerge from the adversity that originally drove them to try to kill

Waking up, alive: the descent, the suicide

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