



# The Suicidal Mind

*Edwin S. Shneidman*

Download now

[Click here](#) if your download doesn't start automatically

# The Suicidal Mind

Edwin S. Shneidman

## **The Suicidal Mind** Edwin S. Shneidman

Suicide haunts our literature and our culture, claiming the lives of ordinary people and celebrities alike. It is now the third leading cause of death for fifteen- to twenty-four-year-olds in the United States, raising alarms across the nation about the rising tide of hopelessness seen in our young people. It is a taboo subtext to our successes and our happiness, a dark issue that is often euphemized, avoided, and little understood. In our century, psychology and psychiatry alike have attempted to understand, prevent, and medicalize these phenomena. But they have failed, argues Dr. Edwin Shneidman, because they have lost sight of the plain language, the ordinary everyday words, the pain and frustrated psychological needs of the suicidal individual.

In *The Suicidal Mind*, Dr. Shneidman has written a groundbreaking work for every person who has ever thought about suicide or knows anybody who has contemplated it. The book brims with insight into the suicidal impulse and with helpful suggestions on how to counteract it. Shneidman presents a bold and simple premise: the main cause of suicide is psychological pain or "psychache." Thus the key to preventing suicide is not so much the study of the structure of the brain, or the study of social statistics, or the study of mental diseases, as it is the direct study of human emotions. To treat a suicidal individual, we need to identify, address, and reduce the individual's psychache. Shneidman shares with the reader his knowledge, both as a clinician and researcher, of the psychological drama that plays itself out in the suicidal mind through the exploration of three moving case studies. We meet Ariel, who set herself on fire; Beatrice, who cut herself with the intent to die; and Castro, a young man who meant to shoot his brains out but survived, horribly disfigured. These cases are presented in the person's own words to reveal the details of the suicidal drama, to show that the purpose of suicide is to seek a solution, to illustrate the pain at the core of suicide, and to isolate the common stressor in suicide: frustrated psychological needs. Throughout, Shneidman offers practical, explicit maneuvers to assist in treating a suicidal individual--steps that can be taken by concerned friends or family and professionals alike.

Suicide is an exclusively human response to extreme psychological pain, a lonely and desperate solution for the sufferer who can no longer see any alternatives. In this landmark and elegantly written book, Shneidman provides the language, not only for understanding the suicidal mind, but for understanding ourselves. Anyone who has ever considered suicide, or knows someone who has, will find here a wealth of insights to help understand and to prevent suicide.

 [Download The Suicidal Mind ...pdf](#)

 [Read Online The Suicidal Mind ...pdf](#)

## **Download and Read Free Online The Suicidal Mind Edwin S. Shneidman**

---

### **From reader reviews:**

#### **Darren Marshall:**

Why don't make it to be your habit? Right now, try to prepare your time to do the important act, like looking for your favorite e-book and reading a book. Beside you can solve your problem; you can add your knowledge by the reserve entitled The Suicidal Mind. Try to make the book The Suicidal Mind as your friend. It means that it can being your friend when you truly feel alone and beside that course make you smarter than in the past. Yeah, it is very fortunated for yourself. The book makes you considerably more confidence because you can know every thing by the book. So , we should make new experience along with knowledge with this book.

#### **Amy Nichols:**

Reading a book to be new life style in this 12 months; every people loves to read a book. When you read a book you can get a lots of benefit. When you read textbooks, you can improve your knowledge, since book has a lot of information onto it. The information that you will get depend on what sorts of book that you have read. In order to get information about your study, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, these kinds of us novel, comics, along with soon. The The Suicidal Mind offer you a new experience in examining a book.

#### **Winford Patterson:**

Do you like reading a publication? Confuse to looking for your best book? Or your book ended up being rare? Why so many issue for the book? But virtually any people feel that they enjoy with regard to reading. Some people likes examining, not only science book and also novel and The Suicidal Mind or maybe others sources were given knowledge for you. After you know how the truly great a book, you feel would like to read more and more. Science reserve was created for teacher or perhaps students especially. Those ebooks are helping them to put their knowledge. In different case, beside science reserve, any other book likes The Suicidal Mind to make your spare time a lot more colorful. Many types of book like this.

#### **Beverly Hill:**

Some individuals said that they feel weary when they reading a reserve. They are directly felt it when they get a half portions of the book. You can choose often the book The Suicidal Mind to make your personal reading is interesting. Your own personal skill of reading skill is developing when you just like reading. Try to choose simple book to make you enjoy to read it and mingle the sensation about book and examining especially. It is to be first opinion for you to like to open up a book and examine it. Beside that the guide The Suicidal Mind can to be your brand-new friend when you're experience alone and confuse in doing what must you're doing of their time.

**Download and Read Online The Suicidal Mind Edwin S. Shneidman  
#NJQ5PFE7AWS**

## **Read The Suicidal Mind by Edwin S. Shneidman for online ebook**

The Suicidal Mind by Edwin S. Shneidman Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Suicidal Mind by Edwin S. Shneidman books to read online.

### **Online The Suicidal Mind by Edwin S. Shneidman ebook PDF download**

**The Suicidal Mind by Edwin S. Shneidman Doc**

**The Suicidal Mind by Edwin S. Shneidman Mobipocket**

**The Suicidal Mind by Edwin S. Shneidman EPub**