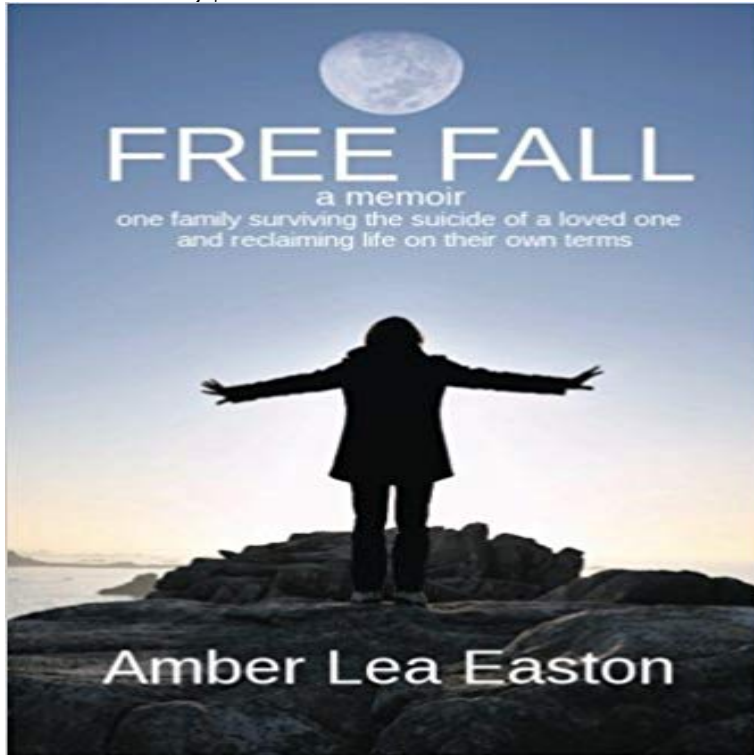


Free Fall: a memoir of a family surviving the suicide of a loved one and reclaiming life on their own terms



Understanding suffering always helps the energy of compassion to be born. ~ Thich Nhat Hanh In an instant my husband stripped away my identity as wife, stay-at-home mom, and best friend. With his suicide, our world changed forever. Hed been the center of our universe, but then he was gone. Grief is a dark journey, one often tainted with judgment and false perceptions. Add the word suicide to the mix and more complications arise. This memoir, Free Fall, is intended for those who may be facing their own tragedy and feeling alone, hopeless, confused, scared, and misunderstood. Free Fall is the journey of piecing our lives back togetherovercoming childrens anxiety as we traversed the brutal grief and trauma process, learning to say the words widow and single mom without cringing, surviving the fall out with friends and family who simply couldnt understand our healing process, triumphing over the stigma of suicide, forgiving my husband, and finding peace after chaos. Free Fall is for widows, widowers, parents, survivors of suicide, family members or friends of one who mourns. This story is for anyone who needs encouragement that there is another side to grief. There is. Were there now. Were looking back and holding our hands out to you saying, hang in there, youre not alone, and youll get here, too.

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Amber Lea Easton is a multi-published fiction and This memoir, Free Fall, is intended for those who may be facing their own tragedy Free Fall is for widows, widowers, parents, survivors of suicide, family members or **No Time to Say Goodbye: Surviving The Suicide Of A Loved One. Dream a Little Dream: An Inspirational Journal - Amber Lea Easton** Editorial Reviews. Review. At age 19, Hines nearly became one of the more than 2,000 people At 19 years old, Kevin attempted to take his own life by jumping off the . who has suffered the devastation of a loved ones suicide or suicide attempt. 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