



When Living Hurts: A Lively What to Do Book for Yourself or Someone You Care About Who Feels Discouraged, Sad, Lonely, Hopeless, Angry or Frustrated

Sol Gordon

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When Living Hurts is for people who want to help people who are in trouble. This insightful, direct book can help you interpret the early warning signals, get help when the problem is urgent, and cope creatively with anxiety, anger or frustration, sadness, loneliness, or depression.

With wisdom, humor, and style, Dr. Gordon acknowledges that we live in an imperfect world. There are things to worry about and everyone feels hopeless, helpless, and unloved sometimes. Yet there are things we can do that will lead to a new understanding, new hope, and new meaning in life. In a time when depression and suicide are taking ever greater tolls, Dr. Gordon makes it clear: You and those you care about can find help when living hurts.

"The first in-depth book in suicide prevention and crisis intervention... it points the way to hope and help," says Julie Perlman, Executive Officer of the American Association of Suicidology.

School Library Journal praises it as "concrete and concise... accessible, helpful."

"Interesting, practical," says *Psychology Today*, "and very much to the point."

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