



Left Behind

By Virginia Perez

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. I recognized the anguish, helplessness, and confusion in a friend s Facebook post when she shared that a colleague of hers had very unexpectedly taken her own life. I instantly went into helping mode --sending her a barrage of advice on how to cope with this tragedy. I know the feelings very well.the immediate, acute sense of loss and overwhelming sorrow, quickly followed by the guilt, the regret, and the second-guessing those left behind wrestle with in trying to make sense out of what appears on the surface to be a very senseless act. The emotional after-effects of suicide on loved ones can be long lasting and devastating. Much of that is due to a sense of shame, regret, and self-blame. I have learned this firsthand. But in the years I have had to try to reconcile these feelings, I have also learned that ultimately they are a burden that is not ours to bear. I hope that by sharing my journey I can help others let these feelings go. In Left Behind, author Virginia Perez shares...



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