



The Suicidal Mind

By Edwin S. Shneidman

Download now

Read Online →

The Suicidal Mind By 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](#)

The Suicidal Mind

By Edwin S. Shneidman

The Suicidal Mind By 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.

The Suicidal Mind By Edwin S. Shneidman Bibliography

- Rank: #82627 in Books
- Published on: 1998-04-23
- Original language: English
- Number of items: 1
- Dimensions: 5.30" h x .70" w x 8.00" l, .41 pounds
- Binding: Paperback
- 187 pages

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

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

Editorial Review

From Kirkus Reviews

Three case studies from the files of a UCLA thanatologist demonstrate in chilling detail that killing oneself is no easy matter. Shneidman, who limits his comments to cultures with a Judeo-Christian tradition, proposes the not especially novel idea that psychological pain, or "psychache," is the primary cause of suicide. Using a form adapted from Henry A. Murray's *Explorations in Personality* to rate the psychological needs of individuals, he concludes that most suicides fall into five need clusters. (There is at this point a gratuitous insertion of so-called experts' assessments of the needs of Hitler, Martha Graham, Marilyn Monroe, Captain Ahab, and others.) His case studies demonstrate three of these clusters: the need to be loved, the need to strike first, and the need to belong. The first case study consists mostly of transcribed audiotapes from Ariel (pseudonyms are used throughout), who chose self-immolation but survived with horrible burns over most of her body. Beatrice, the second case, wrote out her life story while she was Shneidman's patient; her choice was knives and starvation, and it is unclear whether her attempts at suicide have ceased. Castro, the third case, was unable to speak to Shneidman, having blown away most of his face while trying to blow his brains out, but he wrote out for him a long account of the episode, as well as many notes and letters. Shneidman sums up with a list of ten psychological commonalities of suicide--the common emotion is hopelessness/helplessness, the common action is escape, etc.--and a list of 24 psychotherapeutic maneuvers that he deems appropriate in treating potential suicides. Though providing few fresh insights, this succeeds on another level: By revealing the possible ghastly consequences of failed attempts, perhaps it may help deter some from trying to take their own lives. (4 photos, 1 linecut, not seen) -- *Copyright ©1996, Kirkus Associates, LP. All rights reserved.*

Review

"Anyone seeking a basic introduction about the motivation of people driven to destroy themselves can confidently turn to Edwin Schneidman's simple, short, and sympathetic book."--*New Scientist*

About the Author

Edwin S. Shneidman, Ph.D., is Professor of Thanatology Emeritus at the University of California at Los Angeles School of Medicine. He is the founder of the American Association of Suicidology, and the author of *Voices of Death*, *Definition of Suicide*, and *Deaths of Man*, which was nominated for a National Book Award.

Users Review

From reader reviews:

Erica Clark:

This *The Suicidal Mind* book is not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book will be information inside this guide incredible fresh, you will get data which is getting deeper an individual read a lot of information you will get. This *The Suicidal Mind* without we realize teach the one who examining it become critical in thinking and analyzing. Don't be worry The

Suicidal Mind can bring once you are and not make your bag space or bookshelves' turn out to be full because you can have it within your lovely laptop even telephone. This The Suicidal Mind having excellent arrangement in word as well as layout, so you will not sense uninterested in reading.

Marylou Standley:

The e-book untitled The Suicidal Mind is the reserve that recommended to you to learn. You can see the quality of the guide content that will be shown to anyone. The language that author use to explained their ideas are easily to understand. The copy writer was did a lot of research when write the book, to ensure the information that they share to you is absolutely accurate. You also will get the e-book of The Suicidal Mind from the publisher to make you far more enjoy free time.

Jack Morgan:

The publication with title The Suicidal Mind has lot of information that you can learn it. You can get a lot of advantage after read this book. This specific book exist new know-how the information that exist in this e-book represented the condition of the world now. That is important to yo7u to learn how the improvement of the world. This book will bring you inside new era of the globalization. You can read the e-book on your own smart phone, so you can read it anywhere you want.

Joseph Gabriel:

Typically the book The Suicidal Mind has a lot associated with on it. So when you read this book you can get a lot of help. The book was compiled by the very famous author. This articles author makes some research just before write this book. That book very easy to read you can obtain the point easily after reading this book.

Download and Read Online The Suicidal Mind By Edwin S. Shneidman #9MHYUFCSJG3

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

9MHYUFCSJG3: The Suicidal Mind By Edwin S. Shneidman