

A THOUSAND MOMENTS OF SOLITUDE

(A Personal Encounter With Suicide)

Federico Sanch



A Thousand Moments of Solitude by Federico Sanchez

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On November 12, 2002, on the age of twenty-two, my son Mitchell dedicated suicide. His surprising and unforeseen demise despatched me reeling down a direction i wished to go back and forth if I ever desired to get away the wooded area of grief and loss within which i discovered myself. This booklet recounts my trip to come back to phrases with the dying of my son. the trail i began down-to satisfy a promise A Thousand Moments of Solitude I had made to my son whereas he used to be alive, to discover solutions to the psychological difficulties he suffered-took me areas I had no longer anticipated. A Thousand Moments of Solitude the trail turned a community of 4 intersecting paths, and my trip took me a long way past the loss of life of a son to the human situation the place we're ruled by way of forces, either inner and external, over which we have now little regulate and little understanding. Intricately connected, the 4 paths explored during this ebook are: 1) the autobiographical: the tale of my lifestyles with my son Mitchell as we struggled with the psychological difficulties that at last resulted in his suicide. 2) the diagnostic: a few of the diagnostic instruments on hand to psychiatrists, which illustrate the extent of information within the box and exhibit the various failings of our current method of psychological disorders. 3) historic fiction: narrative debts of the lives and deaths by means of suicide of either ancient and fictional characters, together with the son of Queen Isabela of Spain; Meriwether Lewis; Vincent Van Gogh; Miguel, a slave operating on the count number of Valenciana's silver mine, l. a. Boca del Infierno, in 18th-century Mexico; and Michele, a passenger at the Titanic. by way of telling those stories, occasionally within the first person, i discovered how to show my very own affliction and pain, anything i couldn't do directly, in addition to how to discover extra my dating with myson and my son's complexity and fullness as a person. 4) clinical clarification of the way the mind works: a idea of the way the mind works, explaining intimately how psychological photographs and techniques are shaped and trip in the course of the apprehensive system, how we are living in a global of illusions, and the way psychological affliction might be defined in those terms. those 4 paths are intricately hooked up and toughen one another within the book. The diagnostic explains in technical phrases what the autobiographical recounts; the autobiographical recounts occasions which support to provide an explanation for the complexities and subtleties of human habit in the context of ways the mind works; the ancient fiction ties into the autobiographical components and the diagnostic. The ebook A Thousand Moments of Solitude additionally confronts the problem of suicide, itself. It solutions that elusive question: Why do humans dedicate suicide? The ebook provides a personal, honest, biographical testimonial of the adventure of the suicide of a son. The booklet speaks from experience, no longer a few summary philosophical element of view. The association and contents of the ebook are unique, a weaving jointly of 4 exact but comparable subjects: the suicide of a son, the type of psychological illnesses, narratives of historic fiction, and a thought of the way the mind works. the main awesome function of this e-book is that it provides for the 1st time, to my knowledge, a entire idea of the mind that explains psychological problems equivalent to dementia, delirium, depression, manic melancholy and schizophrenia. For the 1st time, suicide is put in a systematic context, and why and the way it occurs is explained. In particular, the mind concept here's provided in a simplified shape available to most, really as a result anecdotes and tales that support illustrate how the mind services and

malfunctions. The e-book additionally bargains with different similar subjects: the significance of affection in our lives; the probabilities of prior lives; tips on how to take care of grief and loss; the prospective purposes for the increase of suicide charges in industrialized nations; the disasters of the procedure to therapy and forestall suicide and different psychological disorders; and attainable instructions that treatments and medicines could discover within the future. The writing is forceful and direct.

A Thousand Moments Of Solitude

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