

The central problem facing everyone who struggles to understand teen suicide is simply that it cannot be understood. Suicide goes against everything we could ever hope for in terms of the rationale and the reasonable. Amazingly, however, it takes place among thousands of teens who, oftentimes, seem utterly normal on the outside.

Self-injury and suicide are two very serious issues facing young people and families today. They are also very closely related in terms of their emotional sources. To hear someone describing the process of taking their own life seems contrary to all our basic understandings about self-preservation and happiness.

Understanding the emotional source of self-injury and suicide is the beginning of the solution, to what can be done by the family to turn this detrimental behavior around. Practical applications of this understanding will be the true medicine however and these applications are often easier talked about than performed. As this understanding is very hard to develop, it is the main focus of this book.