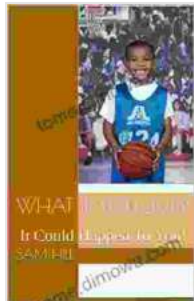


# What If You Live? A Journey of Hope and Healing After Suicide Loss



**What If You Live?: It Could Happen To You!** by Brian Corey

★★★★☆ 4.5 out of 5

Language : English  
File size : 4594 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 37 pages  
Lending : Enabled  
Screen Reader : Supported



**Trigger warning:** This article discusses suicide. If you are struggling with suicidal thoughts, please reach out for help. You can call the National Suicide Prevention Lifeline at 1-800-273-8255 or visit their website at [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org).

When someone we love dies by suicide, it can feel like our world has been shattered. We may feel lost, alone, and like we will never be happy again. But what if there is hope? What if we can find a way to heal and live a meaningful life after suicide loss?

In her book *What If You Live?*, author Jessica Zucker explores the complex emotions and challenges that survivors face. She draws on her own experience of losing her brother to suicide, as well as the stories of other survivors, to offer hope and healing. Zucker writes with honesty and

compassion, and she provides practical advice and support for navigating the grieving process.

*What If You Live?* is not a quick fix or a magic bullet. But it is a valuable resource for anyone who has been touched by suicide loss. Zucker's insights and support can help us to understand our grief, find hope, and create a meaningful life after loss.

### **What to Expect from *What If You Live?***

*What If You Live?* is divided into four parts:

1. **The First Year:** This section covers the immediate aftermath of suicide loss. Zucker explores the intense emotions that survivors experience, such as shock, denial, anger, and guilt. She also provides practical advice for coping with these emotions and adjusting to a new reality.
2. **The Long Road:** This section explores the ongoing journey of grief. Zucker discusses the challenges that survivors face as they try to rebuild their lives. She also offers hope and encouragement for finding meaning and purpose after loss.
3. **The Healing Power of Connection:** This section emphasizes the importance of connecting with others who have experienced suicide loss. Zucker shares stories of survivors who have found healing and support through support groups, online communities, and other connections.
4. **Hope for the Future:** This section offers a message of hope for survivors. Zucker reminds us that it is possible to heal and live a meaningful life after suicide loss. She shares stories of survivors who have gone on to find love, happiness, and success.

## **Who Should Read *What If You Live?***

*What If You Live?* is a must-read for anyone who has been touched by suicide loss. It is also a valuable resource for mental health professionals, clergy, and other caregivers who support suicide loss survivors.

If you are struggling with suicidal thoughts, please reach out for help. You are not alone. There is hope.

## **Praise for *What If You Live?***

"Jessica Zucker's book is a lifeline for anyone who has lost a loved one to suicide. Her insights and support are invaluable." - **Rabbi Irwin Kula, author of *Wrestling with Loss: How to Help When a Loved One Has Died by Suicide***

"*What If You Live?* is a powerful and inspiring book that offers hope and healing to those who have lost a loved one to suicide. Author Jessica Zucker provides practical advice and support for navigating the grieving process, and she reminds us that it is possible to heal and live a meaningful life after loss." - **Dr. Alan D. Wolfelt, author of *Understanding Your Grief***

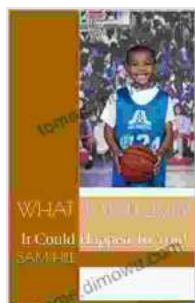
"Jessica Zucker's book is a gift to anyone who has been touched by suicide loss. Her insights and compassion provide a roadmap for healing and hope." - **Dr. Maria A. Oquendo, Professor of Psychiatry and Director of the Center for the Prevention of Suicide at the University of Pennsylvania**

## **About the Author**

Jessica Zucker is a licensed clinical social worker, grief therapist, and author. She is the founder of the Good Grief Network, a nonprofit organization that provides support to suicide loss survivors. Zucker has been featured in numerous media outlets, including The New York Times, The Washington Post, and CNN. She is the author of two previous books, *I Had a Miscarriage: A Memoir, a Movement* and *The Book of Joy: A Guide to Finding Happiness and Peace in the Face of Loss*.

## Free Download Your Copy of *What If You Live? Today*

*What If You Live?* is available in hardcover, paperback, and e-book formats. Free Download your copy today and start your journey of hope and healing.



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