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Overview. “ It ’ s hard to imagine a  
hopeful or inspiring book on  
suicide,” writes the San Francisco  
Chronicle, “ until you begin reading  
the astonishing WAKING UP,  
ALIVE. ” “ Turning toward suicide

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can be one of the starkest expressions of human suffering that exists," writes Tara Brach, author of TRUE REFUGE. "In this groundbreaking book we are guided into the hearts and minds of those who have descended into this hell realm, and emerged, able to re-choose life and communicate ...

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