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Book information

5.5" x 8.5" Soft Cover

Pages: 172; Words: 13,076

Category: POETRY / Subjects & Themes / Death, Grief, Loss

Publisher: Mystic Haven Press

Available Through: Ingram

Bulk discount: 55%

ISBN: 978-0-9993445-0-7

LCCN: 2017914373

Retail price: \$21.99

Blurb

Some things in life require we walk through fire to get to the other side. Surviving the suicide of your child is one of those things.

In *Surviving Suicide*, Victoria Polmatier relates the agonizing first year after her adult son's death by suicide, looking back over his history of multiple suicide attempts and the amazing individual he could be in between. Victoria shares a journey through grief to acceptance and finding she could carry her love for her son and live her life fully once again.

Surviving Suicide explores the grieving process, how grief feels in the body and how it affects daily life, how Victoria's son still touches her life and how she managed to embrace the surrender necessary to move on.

This book reflects the deep, all-consuming pain caused by suicide. It can be a valuable aid to family members and provide needed information for friends, clergy and other support people of those who are grieving.

Here's what readers are saying

"For me it was as simple as knowing I'm not alone. You helped me see that my feelings are valid, and that grief shifts and changes at all times. That he is always there, in good and bad times to send us love."

"Your story gives me a tool to share with friends so that they can better understand the grieving process."

"If the person reading this book can see just one little spot of light, then maybe they can hang onto that and keep fighting."

"There is one sentence in your book that stands out. It is 'I should have held him more.' That made me think about my relationship with my children. That statement was the ultimate gift you gave to me."

**Gain a deeper understanding of
the grieving process.**



Victoria Polmatier is best known for her loving heart and laughter. She's happiest when with her family or writing a poem about life or when she has her hands in the dirt tending her herbs and garden. Victoria lives outside of Washougal, Washington with her husband, two miniature dachshunds, two cats and a flock of chickens.

Available for book signings and poetry readings.

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