



# How I Stayed Alive When My Brain Was Trying to Kill Me

*Susan Rose Blauner*

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The statistics on suicide are staggering. According to the US Center for Disease Control and Prevention, in 1997 in the USA more teenagers and young adults died from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza and chronic lung disease combined. It is also an international epidemic.

Susan Blauner is the perfect emissary for a message of hope and a program of action for these millions of people. She's been through it, and speaks and writes eloquently about feelings and fantasies surrounding suicide.

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