



A Suicide Note of Hope: More Than a Memoir (Paperback)

By Hank McGovern

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In A Suicide Note of Hope, I document an adventurous and traumatic memoir characterized by empowerment, inspiration, transformation, and humor. In Goodbye, I begin the note and describe the precipitator, a bogus charge of sexual harassment made against me that was published in the Washington Post. In Early Years: Chaos, Trauma, and Adventure, I describe a childhood fraught with pain, beginning at age 3 when my mother fell down the steps, broke her neck and died. Subsequently, I had repeated rejections, being moved around so often that I lived in 10 different homes with that many sets of parental figures. A soft humor can be felt in my embrace of these younger years. In Death Kisses and Transformations, I reflect on numerous times when I came close to death and quote William Blake, When one kisses death, life becomes infinitely sweet. I ultimately conclude poetically, Death is my best friend. It reminds me to enjoy life more each day. The reader can learn about a number of self-help skills from meditation and assertive behavior to cognitive skills and self-hypnosis...



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