



**Free Fall: a memoir of a family surviving the  
suicide of a loved one and reclaiming life on their  
own terms**

*Amber Lea Easton*

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# Free Fall: a memoir of a family surviving the suicide of a loved one and reclaiming life on their own terms

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"Understanding suffering always helps the energy of compassion to be born." ~ Thich Nhat Hanh In an instant my husband stripped away my identity as wife, stay-at-home mom, and best friend. With his suicide, our world changed forever. He'd been the center of our universe, but then he was gone. Grief is a dark journey, one often tainted with judgment and false perceptions. Add the word 'suicide' to the mix and more complications arise. This memoir, Free Fall, is intended for those who may be facing their own tragedy and feeling alone, hopeless, confused, scared, and misunderstood. Free Fall is the journey of piecing our lives back together—overcoming children's anxiety as we traversed the brutal grief and trauma process, learning to say the words 'widow' and 'single mom' without cringing, surviving the fall out with friends and family who simply couldn't understand our healing process, triumphing over the stigma of 'suicide', forgiving my husband, and finding peace after chaos. Free Fall is for widows, widowers, parents, survivors of suicide, family members or friends of one who mourns. This story is for anyone who needs encouragement that there is another side to grief. There is. We're there now. We're looking back and holding our hands out to you saying, "hang in there, you're not alone, and you'll get here, too."

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People live in this new moment of lifestyle always try to and must have the time or they will get lots of stress from both way of life and work. So , whenever we ask do people have spare time, we will say absolutely indeed. People is human not only a robot. Then we question again, what kind of activity do you possess when the spare time coming to a person of course your answer will probably unlimited right. Then do you try this one, reading books. It can be your alternative in spending your spare time, the book you have read is definitely Free Fall: a memoir of a family surviving the suicide of a loved one and reclaiming life on their own terms.

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Are you kind of active person, only have 10 or perhaps 15 minute in your time to upgrading your mind proficiency or thinking skill actually analytical thinking? Then you are experiencing problem with the book than can satisfy your short period of time to read it because all this time you only find reserve that need more time to be examine. Free Fall: a memoir of a family surviving the suicide of a loved one and reclaiming life on their own terms can be your answer because it can be read by you actually who have those short time

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