



Night Falls Fast: Understanding Suicide

By Kay Redfield Jamison

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From the author of the best-selling memoir **An Unquiet Mind**, comes the first major book in a quarter century on suicide, and its terrible pull on the young in particular. **Night Falls Fast** is tragically timely: suicide has become one of the most common killers of Americans between the ages of fifteen and forty-five.

An internationally acknowledged authority on depressive illnesses, Dr. Jamison has also known suicide firsthand: after years of struggling with manic-depression, she tried at age twenty-eight to kill herself. Weaving together a historical and scientific exploration of the subject with personal essays on individual suicides, she brings not only her remarkable compassion and literary skill but also all of her knowledge and research to bear on this devastating problem. This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk, and to comprehend the profound effects on those left behind. It is critical reading for parents, educators, and anyone wanting to understand this tragic epidemic.

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Night Falls Fast: Understanding Suicide By Kay Redfield Jamison Bibliography

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Editorial Review

Amazon.com Review

"Suicide is a particularly awful way to die: the mental suffering leading up to it is usually prolonged, intense, and unpalliated," writes Kay Redfield Jamison. "There is no morphine equivalent to ease the acute pain, and death not uncommonly is violent and grisly." Jamison has studied manic-depressive illness and suicide both professionally--and personally. She first planned her own suicide at 17; she attempted to carry it out at 28. Now professor of psychiatry at Johns Hopkins School of Medicine, she explores the complex psychology of suicide, especially in people younger than 40: why it occurs, why it is one of our most significant health problems, and how it can be prevented. Jamison discusses manic-depression, suicide in different cultures and eras, suicide notes (they "promise more than they deliver"), methods, preventive treatments, and the devastating effects on loved ones. She explores what type of person commits suicide, and why, and when. She illustrates her points with detailed anecdotes about people who have attempted or committed suicide, some famous, some ordinary, many of them young. Not easy reading, either in subject or style, but you'll understand suicide better and be jolted by the intensity of depression that drives young people to it. --*Joan Price*

From Publishers Weekly

Providing historical, scientific and other helpful material on suicide, Jamison (*An Unquiet Mind*), a Johns Hopkins psychiatry professor, makes an excellent contribution to public understanding with this accessible and objective book. There is, she asserts, a suicide every 17 minutes in this country. Identifying suicide as an often preventable medical and social problem, Jamison focuses attention on those under 40 (suicides by those who are older often have different motivations or causes). Citing research that suicide is most common in individuals with mental illness (diagnosed or not), particularly depression and manic depression, she clearly describes the role of hormones and neurotransmitters as well as potential therapies, including lithium and other antidepressants. Jamison presents fascinating facts about suicide in families and in twins, gender disparities, and the impact of the seasons and times of day. She also provides poignant portraits of those who have committed suicide--from the explorer Meriwether Lewis to a high-achieving Air Force Academy graduate--as well as stories from her own experience. Historical perspective on how different societies have viewed suicide gives context, especially on methods and common locales (in the U.S., San Francisco's Golden Gate bridge is the most popular spot). Critical of her profession for not recognizing suicidal tendencies more readily, Jamison scolds the media and firearms industry as well. The book effectively brings suicide out of the closet, gives general readers insight into symptoms and should increase national awareness of the problem. (Oct.)

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From Library Journal

Jamison--herself a manic-depressive who has attempted suicide and now a professor of psychiatry at Johns Hopkins School of Medicine--brings a special urgency to this study. The personal and the professional blend seamlessly here, allowing Jamison to illuminate the darkest recesses of the human mind. The result is forthright, moving, and impressively unsensational.

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Users Review

From reader reviews:

Ruth Powers:

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Harry Blalock:

Often the book Night Falls Fast: Understanding Suicide will bring one to the new experience of reading some sort of book. The author style to spell out the idea is very unique. Should you try to find new book to see, this book very suitable to you. The book Night Falls Fast: Understanding Suicide is much recommended to you to see. You can also get the e-book through the official web site, so you can more easily to read the book.

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Joseph Rankins:

In this era which is the greater person or who has ability in doing something more are more precious than other. Do you want to become among it? It is just simple solution to have that. What you must do is just spending your time little but quite enough to enjoy a look at some books. Among the books in the top record in your reading list is actually Night Falls Fast: Understanding Suicide. This book which is qualified as The Hungry Hills can get you closer in becoming precious person. By looking upward and review this publication you can get many advantages.

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