Finding oneself after losing a loved one to suicide can be difficult at best. For those who support survivors bereaved by suicide, the voyage might often be a very trying process for both the helper and the survivor. This wonderful book has heart—it’s full of compassion beginning with identifying the language of suicide by taking a complicated nomenclature and making it understandable.

It’s a very readable book with tangible information for those who support survivors of suicide to learn about this complicated issue in an easy to understand format. Peppered throughout the book are wholehearted stories of those who have survived the loss of a loved one, and are brave enough to share their stories.

_A Winding Road_ touches the very depth of survivors’ feelings as they go through the motions of everyday life. Supporters will learn how to help, what to do, and why it should be done. There is a superb chapter on working creatively with bereaved children whose unique needs are sometimes overlooked or not well understood in the aftermath of a suicide.

From a suicide in the workplace to how a suicide impacts families, those who are walking the path with a suicide survivor will acquire a glimpse into the different dimension that suicide survivors cocoon themselves in while they work to process their loss. Professionals and survivors, helpers and clinicians can find something in this book to help them in their work of understanding the difficult task of grieving this unexplainable loss.