Free to Dance
A Suicide Survivor’s Memoir
By Ca-Asia A. Lane
Reviewed by Ginny Sparrow

What an honor and a joy to read this recent memoir by Ca-Asia A. Lane. A survivor of her husband’s suicide while both were serving in the military in the D.C. area, her short story is honest and raw without being graphic. It’s truly authentic with the use of words and phrases and what I call “real speak”, not peppered with pretty, fussy language. It has scripture throughout, so you don’t have to look up the comforting ones yourself. It speaks of the African-American culture of denial and blame that is not unlike other people’s stories, and proves that other than perhaps a different detail here and there, is a universal story that survivors understand.

Be aware, the author is quick to turn to God and scripture and Biblical stories for strength and comfort. She gives herself over to her spirituality on day one. Some might envy her that, as many survivors of suicide have anger at their God, and develop a loss of faith briefly. Or forever. So, know that while she does in no way recommend her way as “the” way, she does offer a glimpse at how a woman of deep faith navigates her new normal. It is inspiring how she uses everything from dance to the Bible in her tool box of coping mechanisms. She is indeed a rich, wise woman.

Easy to read, completely relatable, I highly recommend her story.