The book, *How I Stayed Alive When My Brain Was Trying to Kill Me*, is a “how to” guide on coping with suicidal thoughts by Susan Rose Blauner, someone who struggled for years with suicidal thoughts and behavior of her own. While Blauner writes in an honest and raw manner about her personal story, the focus of the book is on the tools she has used to cope with suicidal thoughts, what she refers to as “The Tricks of the Trade.” Blauner reaches out to her readers by speaking directly to them, encouraging them to keep trying to “outthink suicide.” The book includes numerous suggestions on how to stay safe. Although the reader may not agree with all of the suggestions, there are many suggestions that can be very helpful to someone struggling with suicidal thoughts. In fact, this reviewer found one ethical concern to be quite problematic, in reference to Blauner’s suggestion to see if a therapist will barter for their fee with the client, due to the cost of therapy. However, her other suggestions were written in a catchy, reader-friendly manner and that could be very useful.

Blauner also reaches out to people who care about suicidal thinkers and teaches them how to help those who are experiencing suicidal thoughts. She provides support and encouragement to them, and dedicates her book passionately to those still struggling with suicidal impulses and to those loving and caring for people struggling with suicide. Something particularly helpful is a table she has included about literally what to say to people in crisis (and what to avoid saying). These suggestions are written in a table format that could be easily used or reviewed.

Blauner ends her book with a comprehensive list of hotlines, websites and other resources that can be helpful resources to those wrestling with suicidal impulses, urges, and behaviors. She describes what a call is like to each of the hotlines, including estimations regarding the length of the wait time and music while the call is transferred to a live caring person. For these reasons, I recommend this book to people struggling with the suicide cycle themselves and for the loved ones caring for, and with, them. Therapists may find this book a good read as well, providing insight and tools for those who are struggling to “stay alive” regardless of what one’s brain may be telling them.