I confess, I am big fan of Dr. Thomas Joiner. In full disclosure, I consider him a friend. We correspond, we talk and we sometimes work together on various projects. His work has reshaped much of my thinking about suicide, its meaning, its etiology and the conditions necessary for persons experiencing suicidal desire, to move toward intent, lethal planning and attempts. His thinking has also shown us all a way forward in terms of an intervention, research agenda that could change not only our approaches to suicidal patients, but suicide-informed public health policy implementations that could, like seat belts, save the lives of thousands.

All that said, his new book *Myths about Suicide* (Harvard University Press) has been a much-needed text for as long as I have been in the field of suicide prevention. We have all bandied about the myth-versus-fact language for decades, taught it to millions and yet few scientifically-minded experts have explored the actual belief foundations which might support, or destroy, so many of these robust and persistence wrong beliefs - beliefs, I might add, that help the unwilling defend the status quo with what might kindly be called a wall of collective gross ignorance.

Dr. Joiner uses data to trounce some myths, draws on clinical storytelling to give others a black eye and blends classic literature with current mass media to challenge every reader to “rethink” his or her understanding of suicidal behavior. Even experienced psychotherapists should read this book, as what they don’t know about what they don’t know could bring harm to their clients.

Philosophers have tasked all adults to carry out what is called our “epistemic duty.” This is the duty to subject our beliefs - no matter how long held - to periodic, critical review and scrutiny in light of any possible new knowledge. The purpose of this epistemic duty is to ascertain whether or not there now exists any countervailing evidence that our “facts” may now be “myths.”

Too few of us these days are willing to hold up our beliefs for re-inspection and possible recalibration, let alone entertain the possibility what we *know to be true might be false*. The epistemic duty itself is too often ignored, thus allowing entire populations to slide in to morally indefensible policies, laws and even wars.

Because a million lives will be lost to suicide around the globe each year, Dr. Joiner has asked us - each and every one - to do our epistemic duty and to hold up our beliefs about suicide for reexamination. *Myths about Suicide* is an excellent first step toward this duty, and I encourage you to take it.