**Sanity and Grace: A Journey of Suicide, Survival, and Strength**  
Reviewed by: Brenda Gierczak

In her book, *Sanity and Grace: A Journey of Suicide, Survival, and Strength*, Judy Collins effectively captures and conveys the vast array of feelings that suicide survivors experience. Her lively “no holds barred” writing style makes this book an honest, profound read. Readers should expect to be “changed” from the experience of reading this book. It is an eye-opening personal account that remains with the reader long after the pages of the book are closed. Collins’ blunt honesty about her son’s suicide leaves the reader feeling like they want more because they can identify with the feelings that come alive on each page. Her courage to speak up about life as a suicide survivor provides other survivors with hope that they too, can move through the unspeakable pain of their loss.

Collins’ first exposure to suicide was at 10 years old, when her father’s friend Al Taylor, took his life. The world became a smaller place when Judy married Al Taylor’s son, Peter several years later.

Collins effectively captures the feelings that many survivors already know too well—the void in one’s life, and the hole in one’s heart. She chronicles her son’s struggles with alcohol and depression, and her own personal journey to her new normal.

The book leaves the reader with an emotional attachment to both Ms. Collins, her son Clark, and other suicide survivors who have walked a similar path. Interspersed throughout the book are lyrics to Collins’ songs, poems, and the intimate details of the journals she kept. These writings are healing, as they become so “normal” in a not-so normal world.

Readers will laugh and cry as they immerse themselves into the details of a very real nightmare. Collins emerges through her grief with a spiritual renewal that she openly shares with her readers. This book is an inspiration to all who are on the same journey, no matter where they are on the road.

Recommendation: This book offers a comprehensive resource guide for survivors. It truly is a gift that a suicide survivor can give oneself, to begin or further the healing of their own personal journey.