

suicidal

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WHY WE KILL OURSELVES

jesse bering

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FOR THE SUICIDAL PERSON IN ALL OF US

And so far forth death's terror doth affright,
He makes away himself, and hates the light
To make an end of fear and grief of heart,
He voluntarily dies to ease his smart.

Robert Burton, *The Anatomy of Melancholy* (1621)

Given the sensitive nature of the material in this book, I have not used any real names (unless otherwise stated), and I have changed physical descriptions, locations, and other features to ensure that no one is identifiable and their story is protected. This is because this is not a book about the individuals I have described, but about what we can learn from them and how they shape our lives.