



**When Living Hurts: what-to-do book for yourself
or someone you care about who feels discouraged,
sad, lonely, hopeless, angry or frustrated, unhappy,
bored, depressed, suicidal 3rd edition**

Sol Gordon

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This insightful, direct book is written for young people who are in trouble or for those who wish to help those in trouble.

It identifies early warning signs of suicide, suggests how to get help for different kinds of problems, and offers ways to cope creatively with anxiety, anger frustration, sadness, loneliness or depression.

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