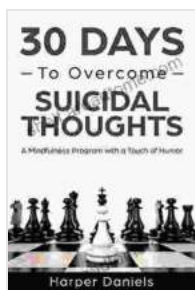


Break Free from Darkness: 30 Days to Overcome Suicidal Thoughts

Your Journey Towards Light and Hope Begins Here

If you or someone you love is struggling with suicidal thoughts, know that you are not alone. '30 Days To Overcome Suicidal Thoughts' is a lifeline of hope and guidance, offering a practical and empowering path towards recovery.



30 Days to Overcome Suicidal Thoughts: A Mindfulness Program with a Touch of Humor (30-Days-Now Mindfulness and Meditation Guide Books) by Harper Daniels

★★★★☆ 4.5 out of 5

Language : English
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 39 pages
Lending : Enabled
File size : 1441 KB
Screen Reader : Supported



What This Book Offers:

- **Daily Inspiration and Motivation:** Each day, you'll receive a thought-provoking quote, affirmation, and reflection to uplift your spirit and remind you of your strength.

- **Practical Strategies and Techniques:** Discover evidence-based coping mechanisms, relaxation techniques, and mindfulness exercises to manage difficult emotions and reduce suicidal urges.
- **Professional Insights and Support:** Learn from the wisdom of mental health experts, who provide guidance and support throughout your journey.
- **Community and Connection:** Find solace and inspiration by sharing your experiences and connecting with others who have overcome suicidal thoughts.

How It Works:

This book is designed to be a 30-day journey, but it can be adapted to suit your pace and needs. Each day, take some time for yourself to read the daily inspiration, practice the techniques, and reflect on your progress. Over time, you will notice a shift in your perspective and an increase in your coping abilities.

Remember, you are not defined by your suicidal thoughts. '30 Days To Overcome Suicidal Thoughts' empowers you to break free from the darkness and embrace a brighter future.

Testimonials:



““This book was a lifesaver for me during a very dark time. The daily inspiration and practical strategies gave me hope and showed me that there was a way out.” - Sarah, reader ”



“I highly recommend this book to anyone struggling with suicidal thoughts. It's a compassionate and supportive guide that has helped me find hope and healing.” - John, reader ”

Free Download Your Copy Today:

Take the first step towards a brighter future. Free Download your copy of '30 Days To Overcome Suicidal Thoughts' today and start your journey towards recovery.

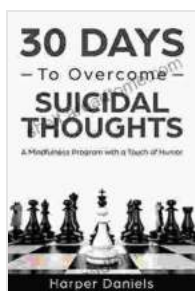
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Additional Resources:

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741
- American Foundation for Suicide Prevention: <https://afsp.org/>
- National Alliance on Mental Illness: <https://nami.org/>

Remember, you are not alone. Help is available. Reach out for support and take the steps towards a brighter future.

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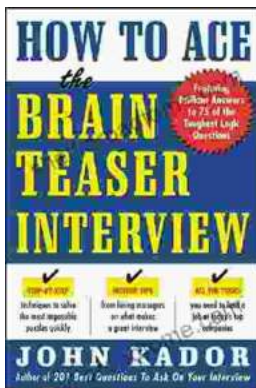


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