

Destined To Live, Despite Me: Biblical Truths for Suicide Survivors

Yolanda Shanks

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Reviewed by Richard R. Blake for Reader Views (4/11)

"Destined to Live, Despite Me: Biblical Truths for Suicide Survivors" is unique in that it is written from the perspective of a "suicide attempter." Author Yolanda Shanks' writing is based on true Biblical principles. She offers a compassionate message of hope at a time when suicide rates in our country continue to escalate.

Chapters One through Six look at questions or thoughts that are often prevalent in the thinking processes of one contemplating suicide: Questions like, "Why this void? Where is this pain coming from? Who am I? What are my options?"

Yolanda is open and candid in relating her personal experiences. Her writing is authentic and bears evidence of an understanding of the brokenness that accompanies anyone considering suicide. Her work is highly endorsed by Pastors and Christian leaders. She advocates making an intentional and deliberate choice to live life to the fullest resulting in an experience of peace and freedom even in the midst of the difficulties and challenges that often seem insurmountable. She encourages the reader to recognize their need for a faith in the Creator, God, who promises to complete the work that He has begun in us.

Although Shanks recognizes the need for medical and psychological counseling, her approach is clearly on a spiritual level. Her message offers hope through an understanding of the Christian message, the gospel of Jesus Christ. Yolanda balances the use of an easy conversational style with well-chosen scripture references, and narrative providing information and illustrative material, often probing and profound, always positive and articulate.

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If you have ever seriously thought of suicide, made plans to commit suicide, or actually tried and failed in a suicide attempt, this book is for you. It can also be a source of inspiration and help to anyone concerned for a loved one showing signs of contemplating suicide.

"Destined to Live, Despite Me: Biblical Truths for Suicide Survivors" provides a blueprint for anyone on a personal quest for truth, wanting to overcome negative self-image, seeking renewal, and desiring a restructured life.