



# **Our Forever Angel: Surviving the Loss of a Loved One to Suicide**

*Barb Scholz*

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# Our Forever Angel: Surviving the Loss of a Loved One to Suicide

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## **Our Forever Angel: Surviving the Loss of a Loved One to Suicide** Barb Scholz

Our Forever Angel pulls no punches with its candor. Author Barb Scholz openly shares stories about how she and her children survived their loss of husband-father, Troy, to suicide. By disclosing what she has learned, this book will help others through their experience with suicide. In addition to personal experiences, a wealth of information is included from a counseling perspective. A veteran professor of thirty-two years, in the counseling department at the University of Nebraska - Omaha, reviewed the work of the author and contributions were given from a clinical perspective. The combination of personal stories and clinical information makes this book more useful than any book containing either of these without the other. The clinical information is based on years of research, and the personal stories make it real. A few topics covered are: answering the question why; allowing yourself to be happy again; helping your kids get through it; suicide happens to 'normal' families; how faith can help; and choosing to become stronger rather than letting it consume you. Our Forever Angel offers empathy and hope, tugging readers to new heights of understanding, and encouraging survivors to rebuild lives and put the past where it rightfully belongs: behind them.

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