# Introduction

Choosing suicide would have been the most foolish, regrettable, and outright stupid decision I could have ever made.

I understand that when someone is in that dark and scary place, there seems to be no hope and no tomorrow. I was there. Not only did I feel there was no hope and no tomorrow, but I also felt like the scum of the earth; I felt disappointed with myself, like an utter failure, and like I was totally worthless. So I know of what I speak. This book is about how I was able, with God’s Grace, to hang in there even on those days when I felt I had nothing to hang on to. It is about how I was able to realize something was wrong and reach out for professional medical help and to a group of intimate, caring, and loving friends.

If you ever find yourself in this painful place, please, I beg of you, don’t end your life. As is often said, “Suicide is a permanent solution to a temporary problem.” I know when you’re in that dark place, your problems seem permanent, like you can never get through them, but believe me, you have to allow yourself to be helped, and you must allow yourself to feel the love and caring of the many people around you who truly do care about you. They cared about me. With professional help, medication, and support from friends and family, I was able to lift myself up out of depression and suicidal thoughts. This book tells that story.