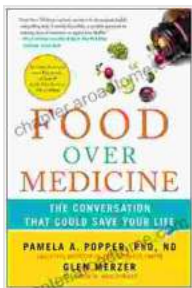


The Conversation That Could Save Your Life

A Must-Read for Loved Ones of Those Struggling with Mental Illness

If you're like most people, you probably don't know what to say to someone who is struggling with mental illness. You may be afraid of saying the wrong thing or making the situation worse. But what if there was a way to have a conversation that could actually help?



Food Over Medicine: The Conversation That Could Save Your Life by Pamela A. Popper

★★★★☆ 4.5 out of 5

| | |
|----------------------|-------------|
| Language | : English |
| File size | : 2629 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| X-Ray | : Enabled |
| Word Wise | : Enabled |
| Print length | : 290 pages |



In her new book, *The Conversation That Could Save Your Life*, Dr. Susan Silk shares her personal story of losing her son to suicide. She also provides practical advice for loved ones on how to talk to someone who is struggling with mental illness.

Dr. Silk's book is a must-read for anyone who wants to learn how to have a conversation that could save a life. It is full of hope and practical advice that can help you make a difference in the life of someone you love.

What You'll Learn in *The Conversation That Could Save Your Life*

- How to talk to someone who is struggling with mental illness
- What to say and what not to say
- How to listen without judgment
- How to offer support and hope
- How to get help for someone who is in crisis

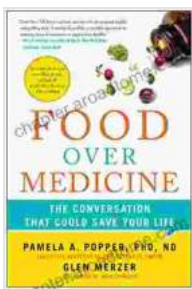
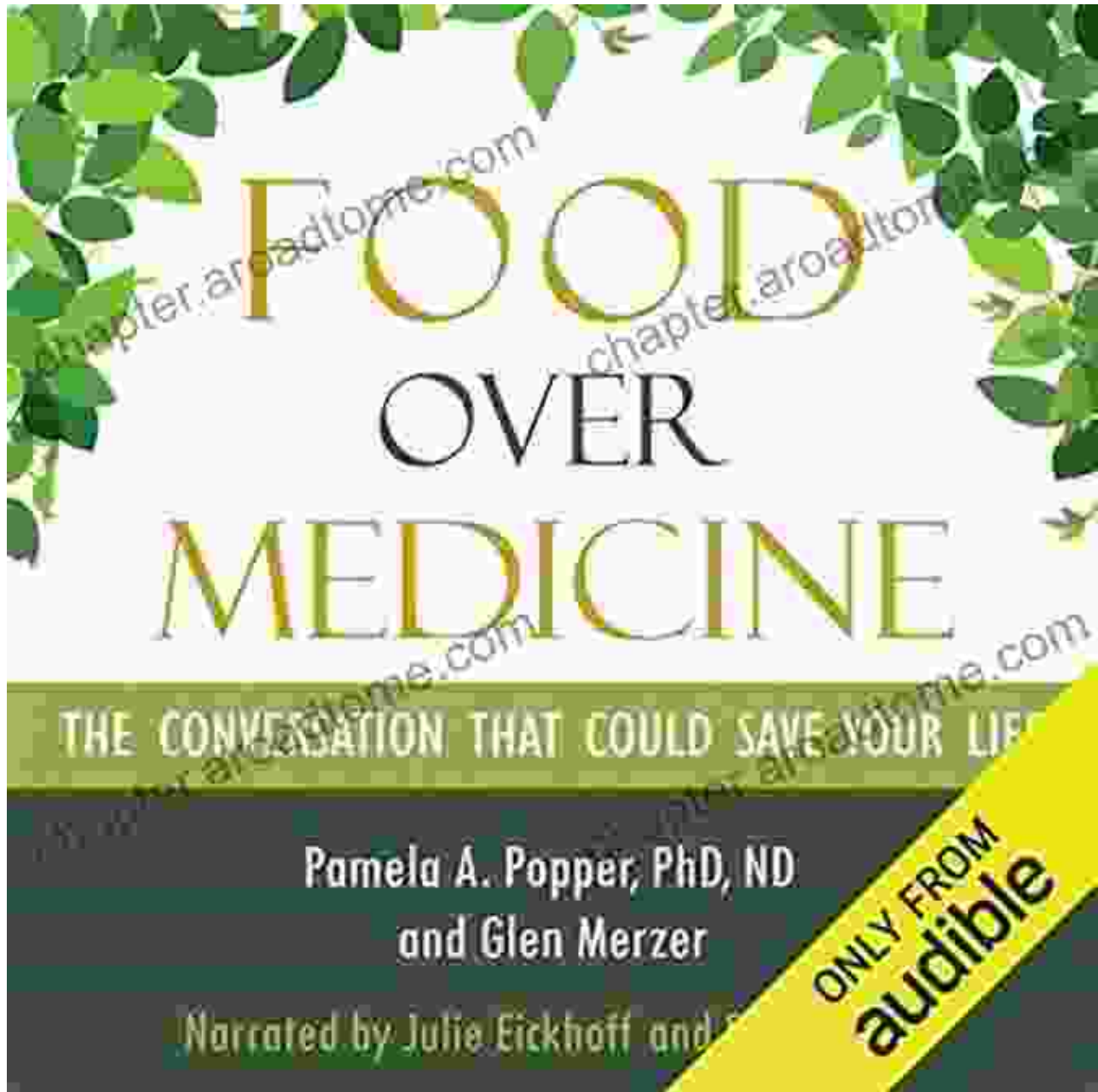
What Others Are Saying About *The Conversation That Could Save Your Life*

"Dr. Silk's book is a lifeline for anyone who loves someone with mental illness. It is full of practical advice and hope that can make a difference in the life of someone you love." - **National Alliance on Mental Illness**

"*The Conversation That Could Save Your Life* is a must-read for anyone who wants to learn how to talk to someone who is struggling with mental illness. It is full of hope and practical advice that can help you make a difference in the life of someone you love." - **American Foundation for Suicide Prevention**

Free Download Your Copy Today

The Conversation That Could Save Your Life is available now at Our Book Library, Barnes & Noble, and other major retailers. Free Download your copy today and learn how to have a conversation that could save a life.



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