



Suicide is not the end but the beginning: 12 Steps To Avoid The Pit and Live Life To Its Fullest

Hannah Akindele

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According to World Health Organization's report, roughly one million people die every year from suicide and in the last forty five years, suicide rates have increased by 60% worldwide. This represents a global death rate of sixteen people per 100,000 or one death every forty seconds. It is predicted that by 2020 the rate of death will increase to one every twenty seconds.

The book 'Suicide Is Not the End but the Beginning: 12 Steps to Avoid the Pit and Live Life to Its Fullest', reflects the inner thoughts of people who have lost hope about living and sees death as a way of escape. The pitiful stories of those who committed suicide in the book clearly show some of the reasons why people usually become fed up with life and see death as a welcomed friend. Unfortunately, many do not know that committing suicide is not the end of the story. Rather, it is the beginning of unimaginable, unpalatable experiences for whosoever commits the act.

The main purpose of this book is to show from the Christian perspective, the inherent danger of ending one's life and the repercussion of such act. The appeal is to encourage everyone contemplating suicide to choose life instead of death and imbibe the 12 steps suggested in this book to avoid the pit and live a fulfilled, happy life, making God happy and inherently having fulfillment in the process. Suicide is not the end but the beginning of everlasting sorrow. 'The grass is not always greener on the other side'.

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