



Free Fall: a memoir of a family surviving the suicide of a loved one and reclaiming life on their own terms

By Amber Lea Easton

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"Understanding suffering always helps the energy of compassion to be born." ~ Thich Nhat Hanh In an instant my husband stripped away my identity as wife, stay-at-home mom, and best friend. With his suicide, our world changed forever. He'd been the center of our universe, but then he was gone. Grief is a dark journey, one often tainted with judgment and false perceptions. Add the word 'suicide' to the mix and more complications arise. This memoir, Free Fall, is intended for those who may be facing their own tragedy and feeling alone, hopeless, confused, scared, and misunderstood. Free Fall is the journey of piecing our lives back together—overcoming children's anxiety as we traversed the brutal grief and trauma process, learning to say the words 'widow' and 'single mom' without cringing, surviving the fall out with friends and family who simply couldn't understand our healing process, triumphing over the stigma of 'suicide', forgiving my husband, and finding peace after chaos. Free Fall is for widows, widowers, parents, survivors of suicide, family members or friends of one who mourns. This story is for anyone who needs encouragement that there is another side to grief. There is. We're there now. We're looking back and holding our hands out to you saying, "hang in there, you're not alone, and you'll get here, too."

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Editorial Review

About the Author

Amber Lea Easton is a multi-published fiction and nonfiction author. Smart is sexy, according to Easton, which is why she writes about strong female characters who have their flaws and challenges but ultimately persevere. She currently has six contemporary romance and romantic suspense novels out in the world: *Kiss Me Slowly*, *Riptide*, *Reckless Endangerment*, *Anonymity*, *In Between*, and *Dancing Barefoot*. Her memoir, *Free Fall*, is dedicated to suicide prevention, awareness, and helping others navigate the dark journey of grief. In addition, Easton works as an editor, freelance journalist, and professional speaker. She speaks on subjects ranging from writing to widowhood. Some of her videos on romance writing have appeared on the international Writers & Authors television network. Current radio appearances are linked via her author website, <http://www.amberleaeaston.com>. Easton currently lives with her two teenagers in the Colorado Rocky Mountains where she gives thanks daily for the gorgeous view outside her window. She finds inspiration from traveling, the people she meets, nature and life's twists and turns. At the end of the day, as long as she's writing, she considers herself simply to be "a lucky lady liv'n the dream."

Users Review

From reader reviews:

Flora Young:

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John Caldwell:

Exactly why? Because this *Free Fall: a memoir of a family surviving the suicide of a loved one and reclaiming life on their own terms* is an unordinary book that the inside of the guide waiting for you to snap it but latter it will zap you with the secret this inside. Reading this book alongside it was fantastic author who else write the book in such wonderful way makes the content on the inside easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of rewards than the other book have got such as help improving your proficiency and your critical thinking method. So , still want to postpone having that book? If I had been you I will go to the guide store hurriedly.

Louise Fulghum:

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