

R.A.C.E. Suicide Prevention – Self-Care Reading Suggestions

- **Change Your Questions – Change Your Life:** 10 Powerful Tools for Life and Work by Marilee Adams
- **Courage After Fire:** Coping Strategies for Troops Returning from Iraq and Afghanistan and Their Families by Keith Armstrong, Suzanne Best, and Paula Domenici
- **Emotional Survival for Law Enforcement:** A Guide for Officers and Their Families by Kevin M. Gilmartin
- **Forgiveness at Work:** Stories of the Power, Possibilities, and Practices of Forgiveness in the Workplace by Deborah Welch
- **The Four Agreements:** A Practical Guide to Personal Freedom by Don Miguel Ruiz
- **A Hidden Wholeness:** The Journey Toward an Undivided Life by Parker Palmer
- **Loving What Is:** Four Questions that Can Change Your Life by Byron Katie
- **No Time to Say Goodbye:** Surviving the Suicide of a Loved One by Carla Fine
- **On the Brink of Everything:** Grace, Gravity, and Getting Old by Parker Palmer
- **The Power of Purpose:** Find Meaning, Live Longer, Better by Richard J. Leider
- **Sanjaygawa and the Yak Whisperer:** A Story of Hope for Young Ones of All Ages by Rebecca Braden
- **Tears of a Warrior:** A Family's Story of Combat and Living with PTSD by Janet J. Seahorn and E. Anthony Seahorn
- **The War Within:** One More Step at a Time by G. B. Trudeau
- **Wisdom from the Woods:** Navigating Life's Unexpected Challenges by Virginia Gilmore and Duane Trammell
- **The Wisdom to Know the Difference:** When to Make a Change and When to Let Go by Eileen Flanagan

Visit www.racesuicideprevention.us for additional information and training dates.



**Suicide Awareness
and Prevention**