

Just Hold On: Finding Hope in the Face of Suicide

**Break Through Desperation,
Find Peace and a Life Worth Living**

In the grip of hopelessness, hurting souls find solace and advice in *Just Hold On*, a new book by Denise Haas (aka Big D), who shares her very personal perspective on suicide prevention, including answers to questions that can be very hard to ask.

As a teenager in deep despair and obsessed with death, Haas attempted suicide. Today, on the other side of that depression, overflowing with hope and living life to its fullest, Haas understands that peace and a better life awaited her. She needed to “just hold on.”

Just Hold On tackles difficult questions about the dark cloud of depression and desperation that envelops people contemplating suicide. Using her own experiences, as well as insights from others who have lived these precarious moments, Haas seeks and shares answers.

What goes on in the mind of someone who is suicidal? What drives someone to make such a permanent decision? Would you know what to do if you came face-to-face with someone threatening suicide?

Just Hold On speaks not only to people contemplating suicide, but also to those who love them. Haas segments the book’s advice according to reader interest, which makes topics easier to locate. For instance, those left behind by suicide can explore differences in grief, depth of loss and guilt. There is also advice on how to best comfort those experiencing this kind of grief.

While *Just Hold On* is not overtly religious in methodology, Haas does build a strong case in favor of God and knowing that He has great plans ahead for someone who chooses against suicide. While citing a variety of helpful tactics and advice options, each piece directs readers back to believing God has purpose for every person.

“One thing is true about life...there are inevitable seasons that we all walk through that are just plain hard. This book gives great advice on how to get through those seasons. It gives hope.”
—Erin Moore, author of *Every-Day Miracles*

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By Denise Haas (aka Big D)

Xulon Press

\$21.99 hardcover, \$12.99 paperback, \$6.99 Kindle eBook

PUB DATE: October 18, 2016

ISBN: 1498487661, ISBN-13: 9781498487665

For an interview with Denise Haas AKA Big D, please contact dhaasbigd@gmail.com
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Watch the video trailer at <https://youtu.be/Th9LBO-Gusk>.