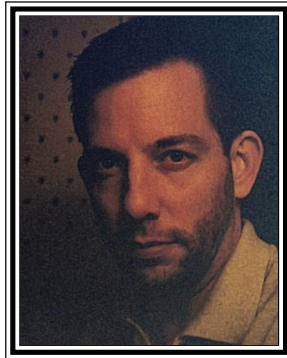


Suicidal thinking and behavior are prevalent among all classes of society. Many cultures are impacted by the tendencies to end one's life, despite their spiritual beliefs. The pressures of growing up are becoming more relevant in our fragmented lives. Childhood and adulthood are a war for some, and the toxic bed of pain becomes too much to handle. They blame themselves when all the burdens settle on them.

We can't act obliviously to this rising epidemic of suicide. We need to recognize the warning signs to save someone who is emotionally stressed without any hopes of love, happiness, living life to the fullest and experiencing what God has given us, before this becomes a vicious circle.

Writing these poems gave me the inspiration and insight to enjoy this one life, and to help others by sharing them, so hopefully you can get the help you want and need.



.....

HOWIE was born in Waco, Texas, 1960, in a very dysfunctional family. He served four years in the USAF.

He's a survivor of hepatitis C since 1985, HIV since 1986, a suicide attempt in 2003 and cancer since 2005. He now lives with his two cats, Sadie and Buddy, in Dallas, Texas.

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