

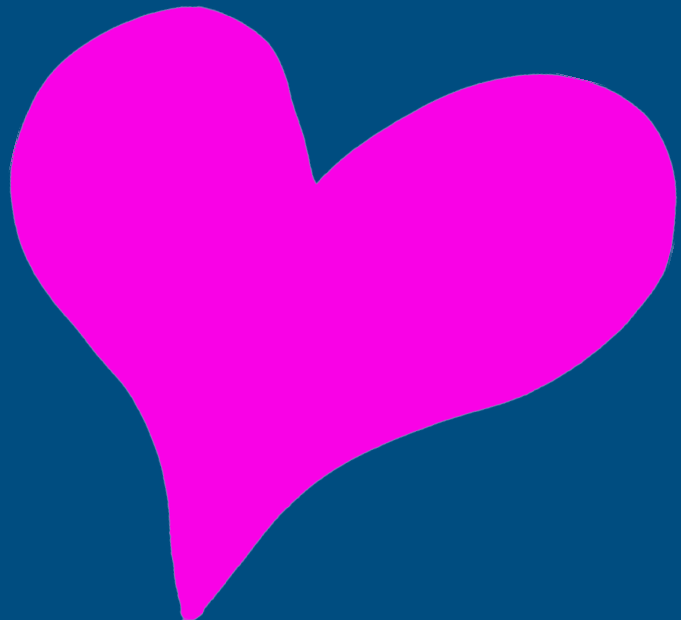
Johannes Faupel



Staying alive

Becoming alive instead of
thinking suicidal

The World's Fastest Suicide Alternative Book



fastestbooks.com

[this is your first change of perspective – more of them inside the book]

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To the glory of life and the mostly invisible Lord.

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Thank you for respecting your life by
reading my e-book

This book is not about “suicide prevention”. It is definitely about new life perspectives.

Most don't know: People with suicidal thoughts have a high interest in a good life ...

... but they are temporarily not able to describe how the good life might look like. Many are traumatized, disappointed, burned-out.

So, from a pain-caused half-blind perspective, a suicidal thought seems to look like a “solution”.

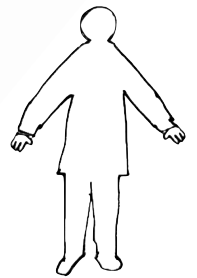
This tiny book is dedicated to give you new life perspectives within some seconds.

Let's begin.

In any severe case of pain and despair, call a friend or a crisis hotline. There are people who will help you.

You – who “is” it?

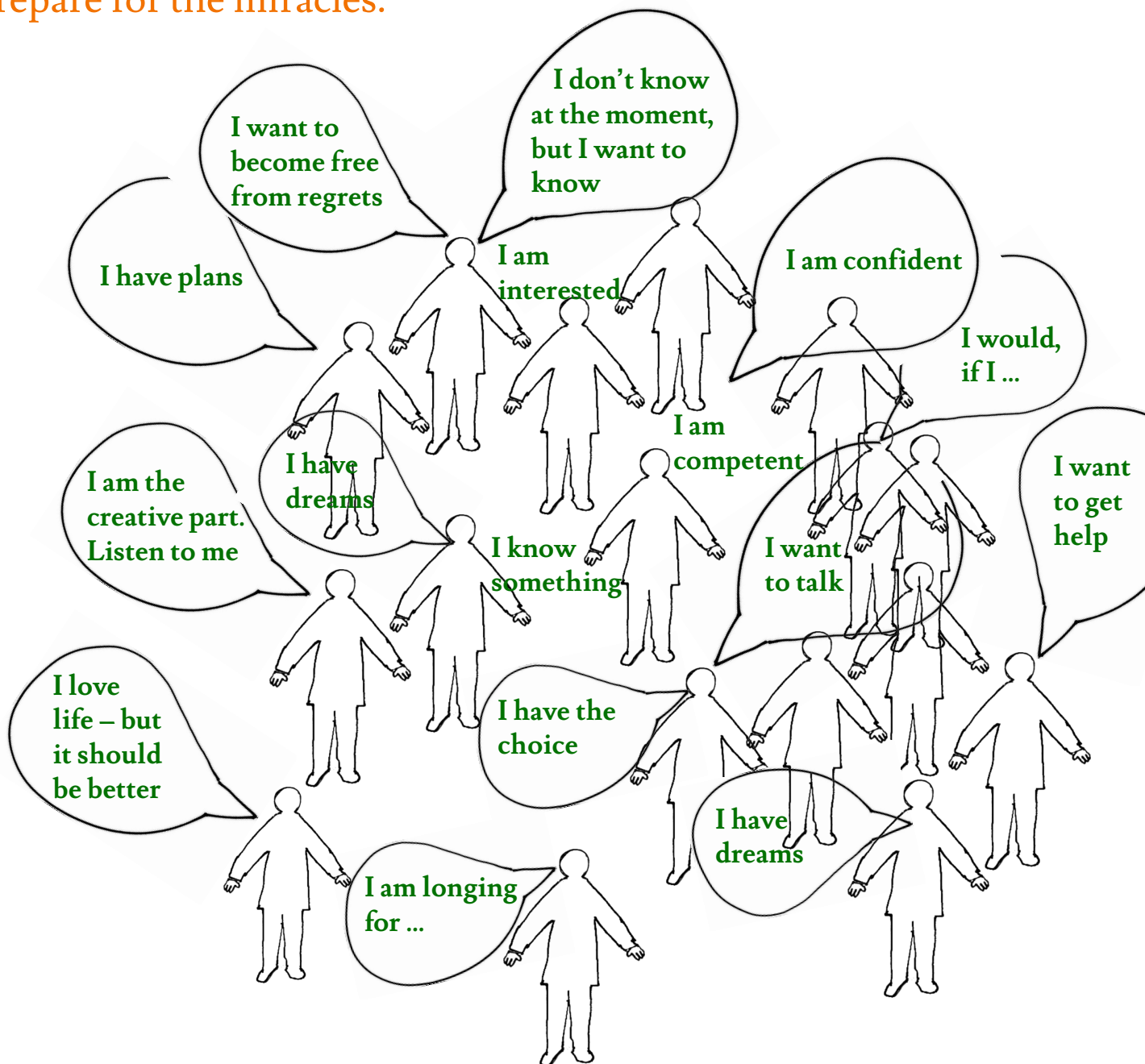
I feel desperate now.



You – who is it else?

Every human being has a variety of inner parts. These inner parts sometimes are called “ego-states“. As long as they do not know each other, it can happen that they fight against each other. As soon as they do know, miracles happen.

Prepare for the miracles.



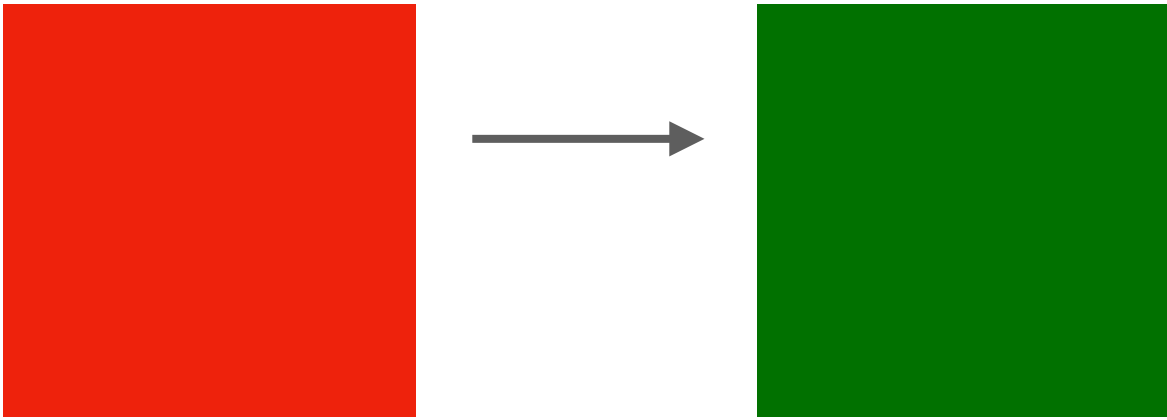
The idea is not “to die”.

As a self-help book author and systemic counselor, I worked with a lot of people, also suicidal persons.

As different as they are – they have one thing in common:

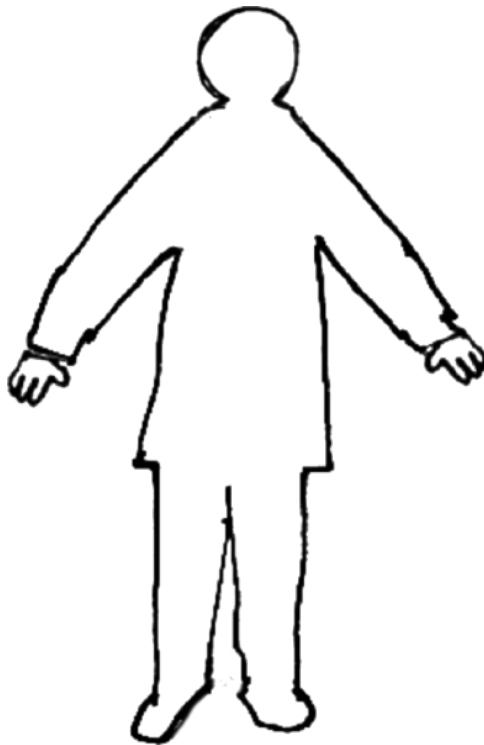
They have no concept yet of how to move from pain to relief .

The idea is to move from pain to relief.



I love life, but it should be better.

Good to know. There is someone who has an idea (and: a memory) of a better life. **Listen to this part of yourself.**



I am longing for ... don't know yet.

Many people are highly activated for others.

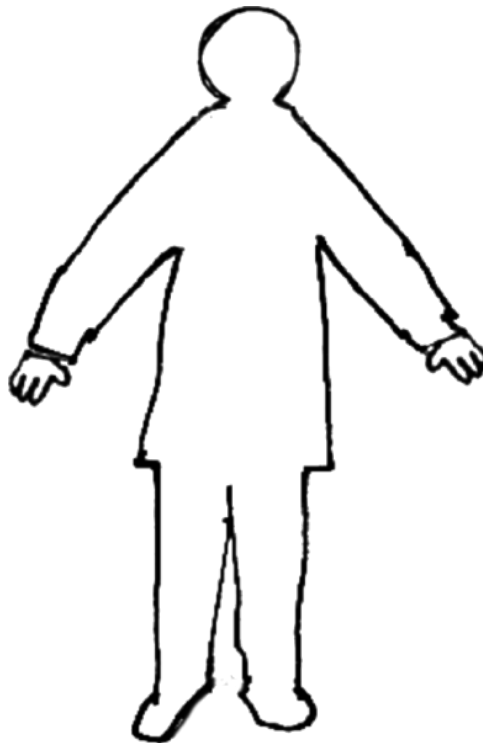
They want to be

- helpful
- loved
- seen

Meanwhile, they oversee themselves.

Time to talk to someone who is experienced in self-care.

Maybe your inner part who loves life (page 5).

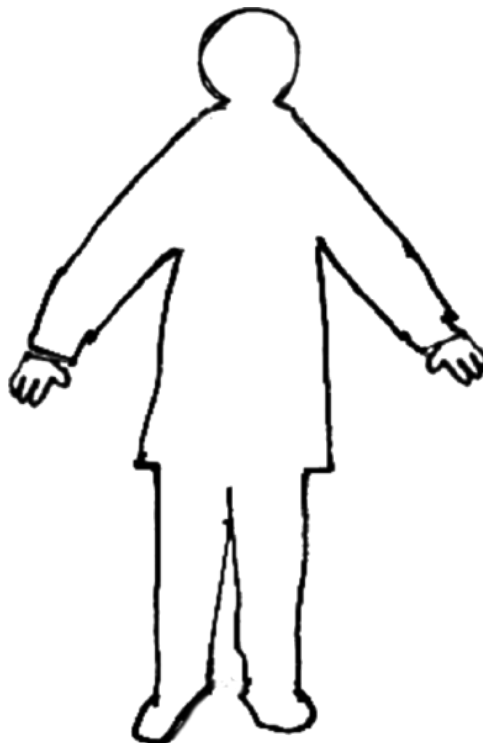


Even if I doubt, I am confident.

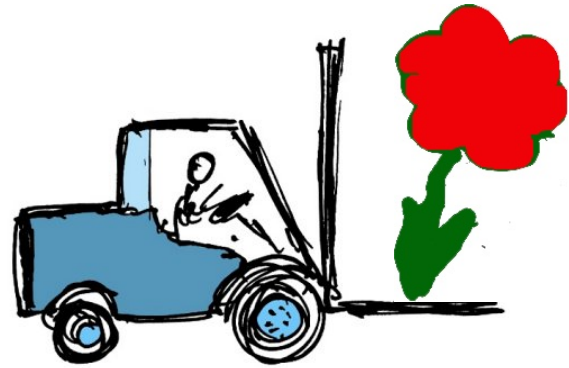
There may be many reasons to be in doubt by having been disappointed and bullied.

The good message in this: An inner part of you is reading this e-book - and he / she seems to seek something, being confident to find it.

Learn from this inner part. **While you doubt, also be confident.**



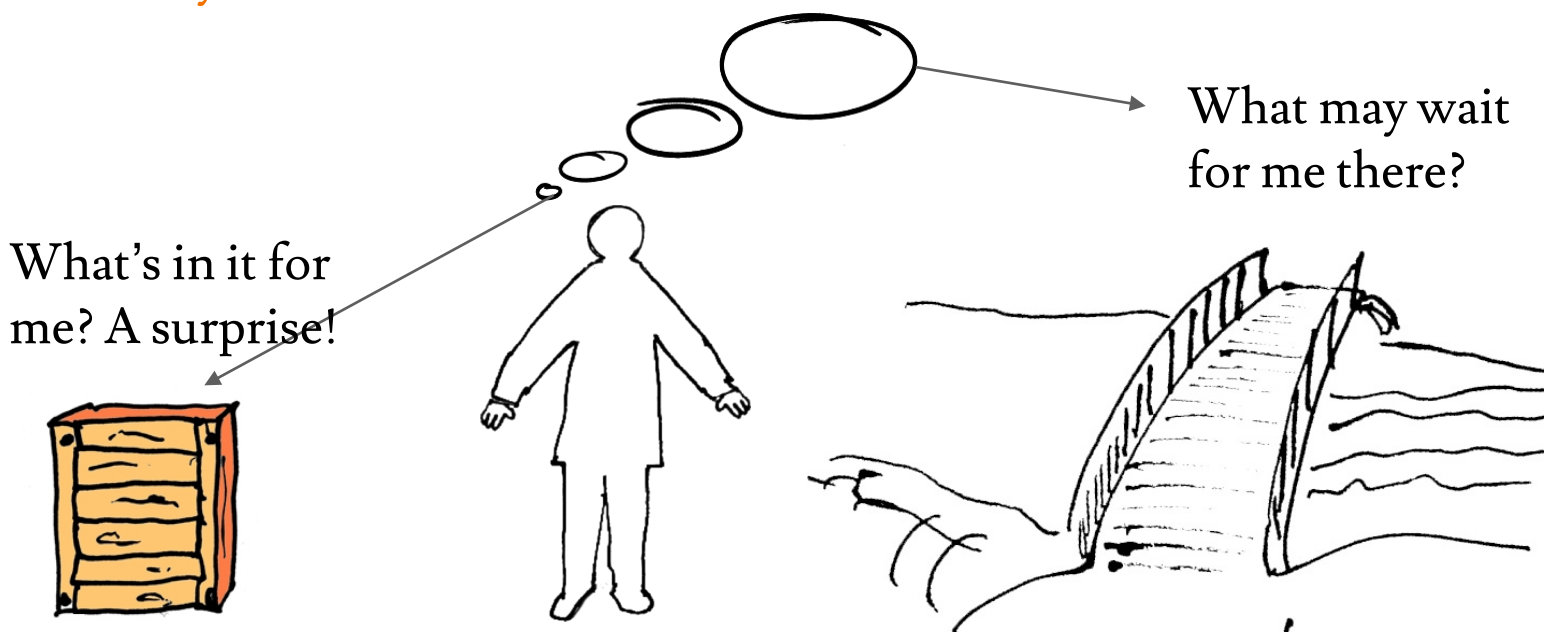
I am the creative part. Listen to me.



Every brain has the capability to set A, B, and X together – while painting, singing, planning a trip, talking to others, drawing a horizon where something new rises.

So does your brain, dear reader, especially your midbrain. It loves pictures. Every midbrain loves them.

If the so-called rational mind tells you something else, teach it and show it how creative you are. **Take it (the mind) loving with you.**



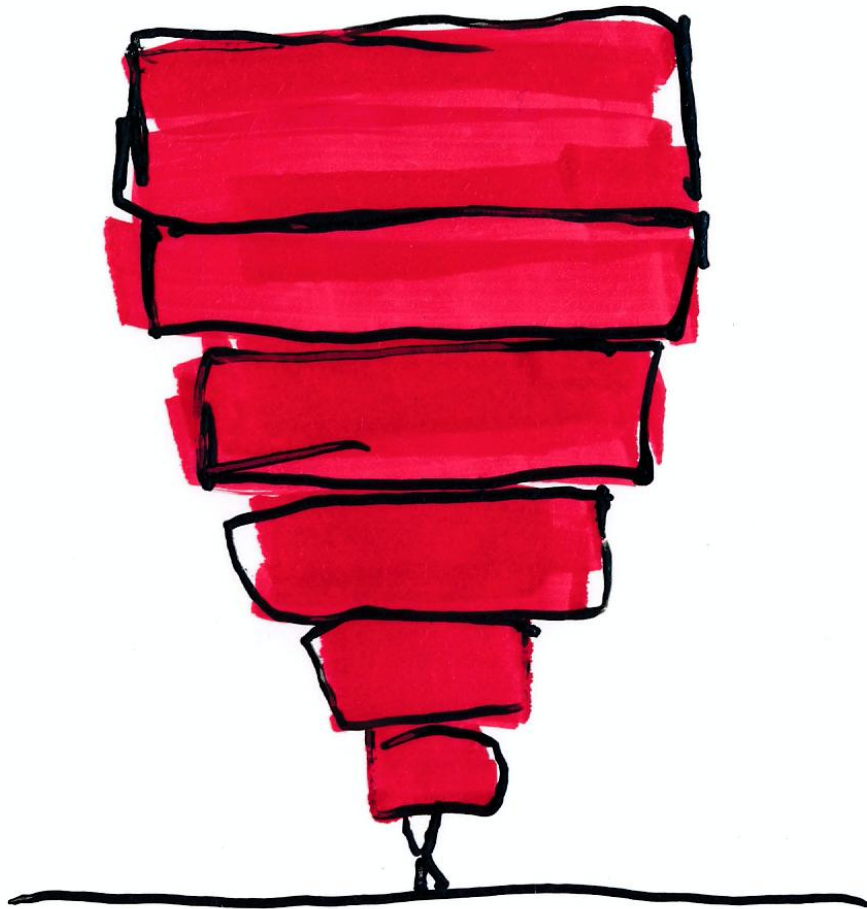
I want to get help.

I know that it's been too much in the last hours, days, months, years, maybe decades.

So, I want to get relief.

But I don't know how yet.

Maybe, I should ask my creative part (p. 9)
and the confident part (p. 8)

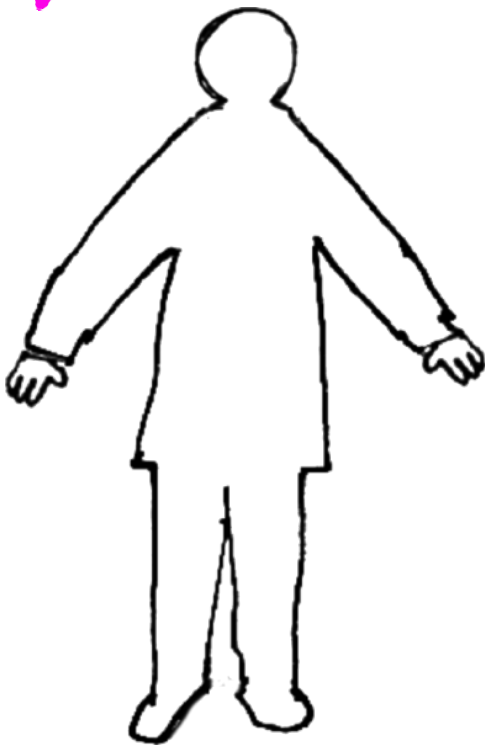


I have the choice.

To what inner part of myself will I listen first?

You always have a choice.

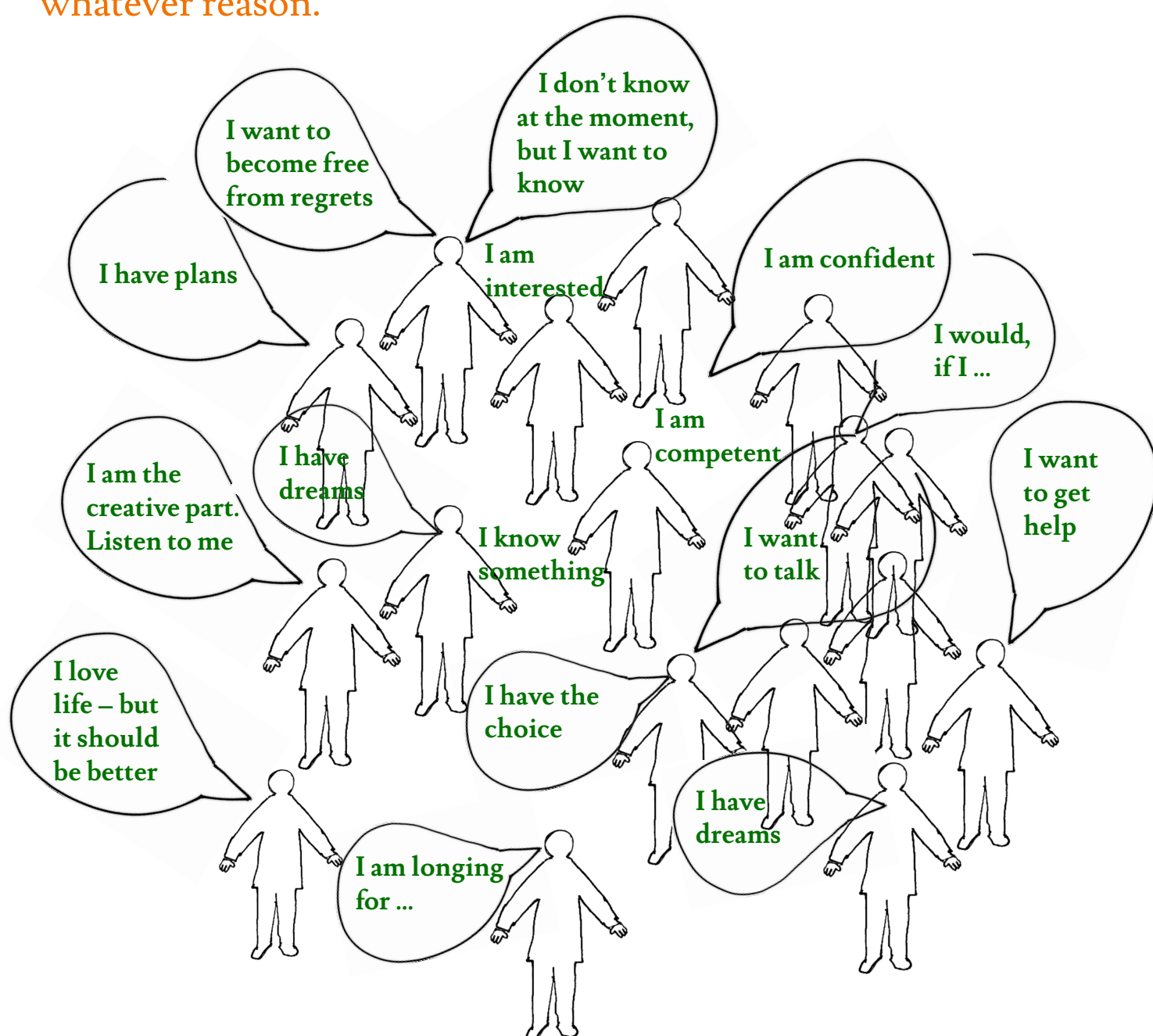
I wrote this e-book to make you recognize your choices.



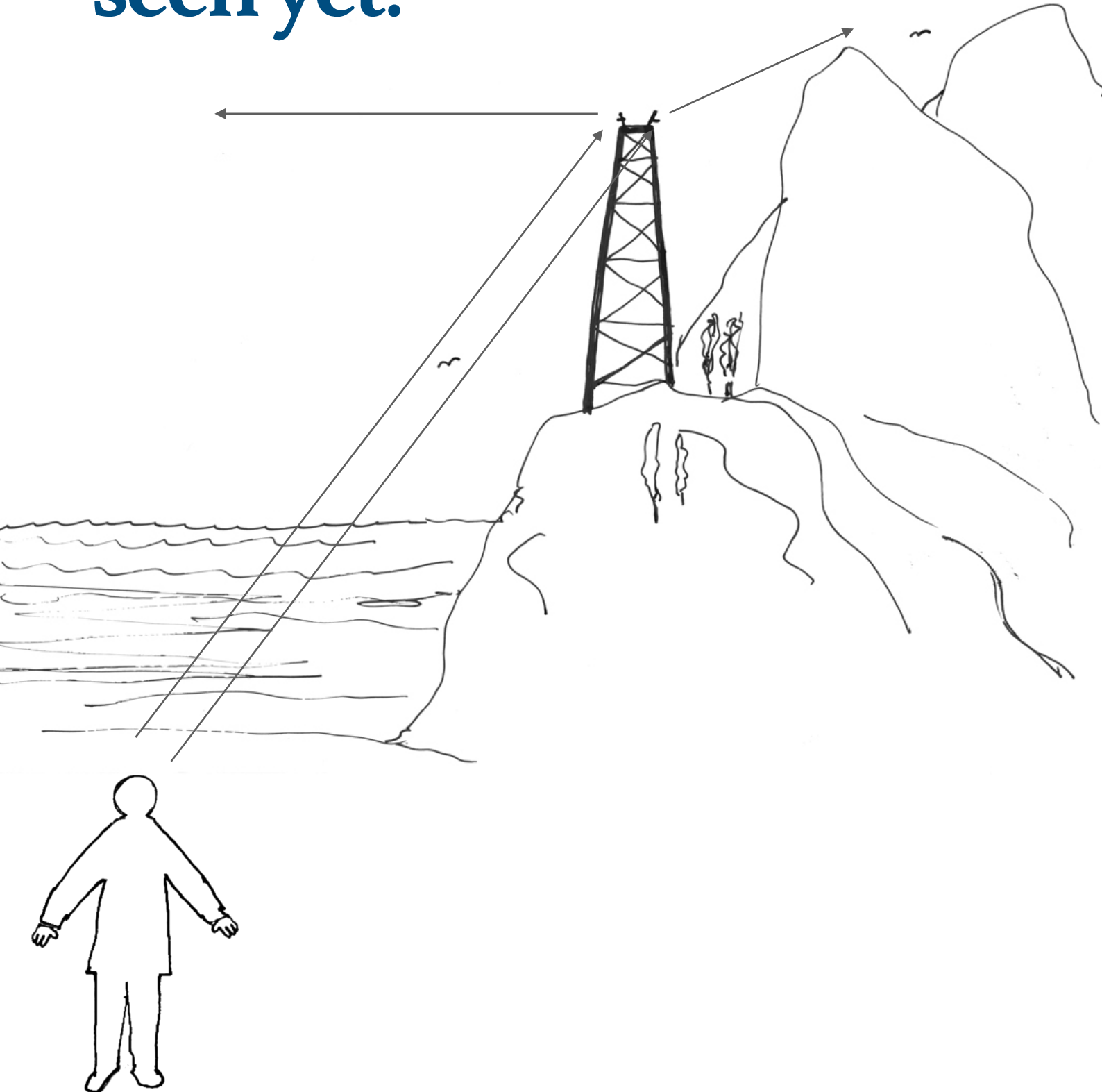
Change your plan.

Whatever you have planned – as you see now: There are many within you who want to live.

Time to make a new plan. Talk to your inner parts. Take the rubbish out. Talk to friends. **Call someone to say Thank you – for whatever reason.**



**Look in all directions.
So much you haven't
seen yet.**



My Wish-List



From now on, I will:

- Listen closely to what my inner parts tell me.
- Pay attention to my feelings.
- Forgive myself for everything I might not have “succeeded“ in – everything. Right now. And every minute.

I wish for (at least a bit):

.....

.....

.....



I also wish for (even if it seems too much right now):

-
-
-
-

... and this – wishes work like natural medicine

-
-
-
-

What do you do with this list now? Put it in your kitchen (or a private spot in your home) and keep looking at it, adding to it everything you are thankful for.

Download your list here to print it out:
<https://www.fastestbooks.com/wishlist.pdf/>

