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The Suicide Solution

Paul Lukas

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The Suicide Solution

Paul Lukas

The Suicide Solution Paul Lukas
That downward spiral, depression, the depression that would nearly do me in, loomed over my adulthood. The desire to kill myself was as present to me as anything else I knew at the time. And here I still am, trying to get out from under that monstrous legacy, trying to get free. If I could get free, if I could be as happy as I once was, as many people seem to be today, I would be extremely grateful.

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