



Author and son Mitchell in Acapulco on the first day of the XXI century.

Federico Sanchez Seabrook was born (1951) and raised in Mexico City. He graduated as a Mechanical Engineer from Tufts University in 1975. For the most part he has run his own businesses as varied as silk screening, a cement block company, a grinding plant for nonmetallic minerals. Since 1987 he runs a design, manufacturing, wholesale and retail business of sterling silver accessories, *Pat Areias Sterling*, with his wife Pat. Since the death of his son Mitchell in 2002, he has researched how the brain works in general and proposed why suicide happens. He lives in Carmel, California.

*Almost O.K.* presents an honest, biographical recounting of the life and death of the author's son from the author's perspective and of his personal recovery from such tragedy. He includes a review of the vocabulary and diagnostic tools used by psychiatrists to diagnose mental illnesses, focusing on depression and schizophrenia. The author also tells the story of his research to find a scientific theory of how the brain works, and how he was able to put together a comprehensive explanation of suicide along with recommendations to reduce the rate of suicide.

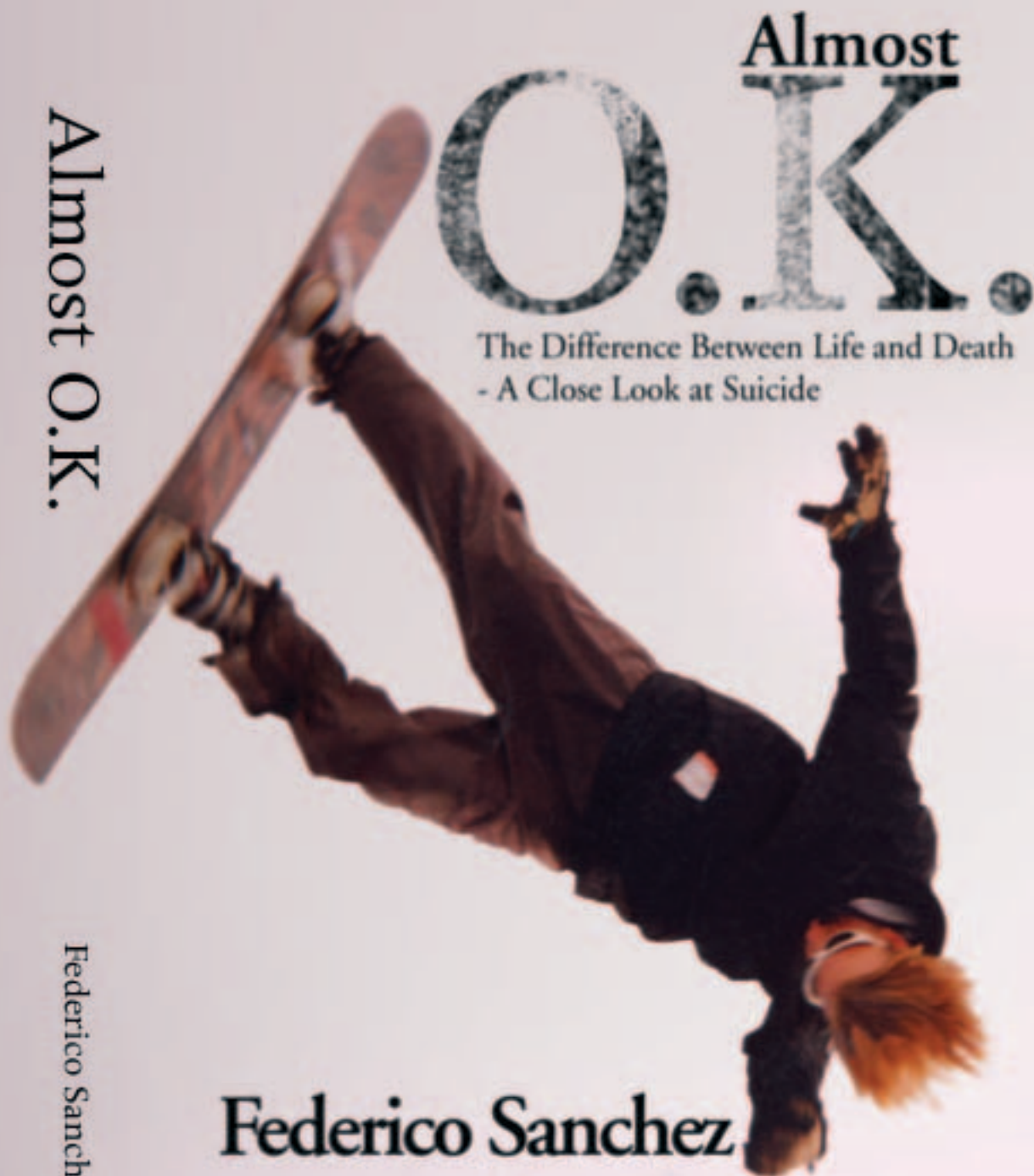
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