

This is an authoritative study on suicide covering many aspects: statistics of suicide; reviews of current psychiatric diagnostic tools; discussion of the most accepted current theories and models of suicide; an explanation of a psychiatric emergency and suicide risk assessment; the author's brain theory is presented in everyday language; once the normal functions of the brain are understood, mental disorders are explained; ultimately, it becomes clear how, under certain conditions, these disorders can lead to suicide; opinions of various experts on suicide are compared; advice on therapies is offered; and lastly, important suggestions of how to lessen suicide rates.



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 studied the problem of how the brain works in general and suicide in particular. He lives in Carmel, California.

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SUICIDE EXPLAINED

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A NEUROPSYCHOLOGICAL APPROACH

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