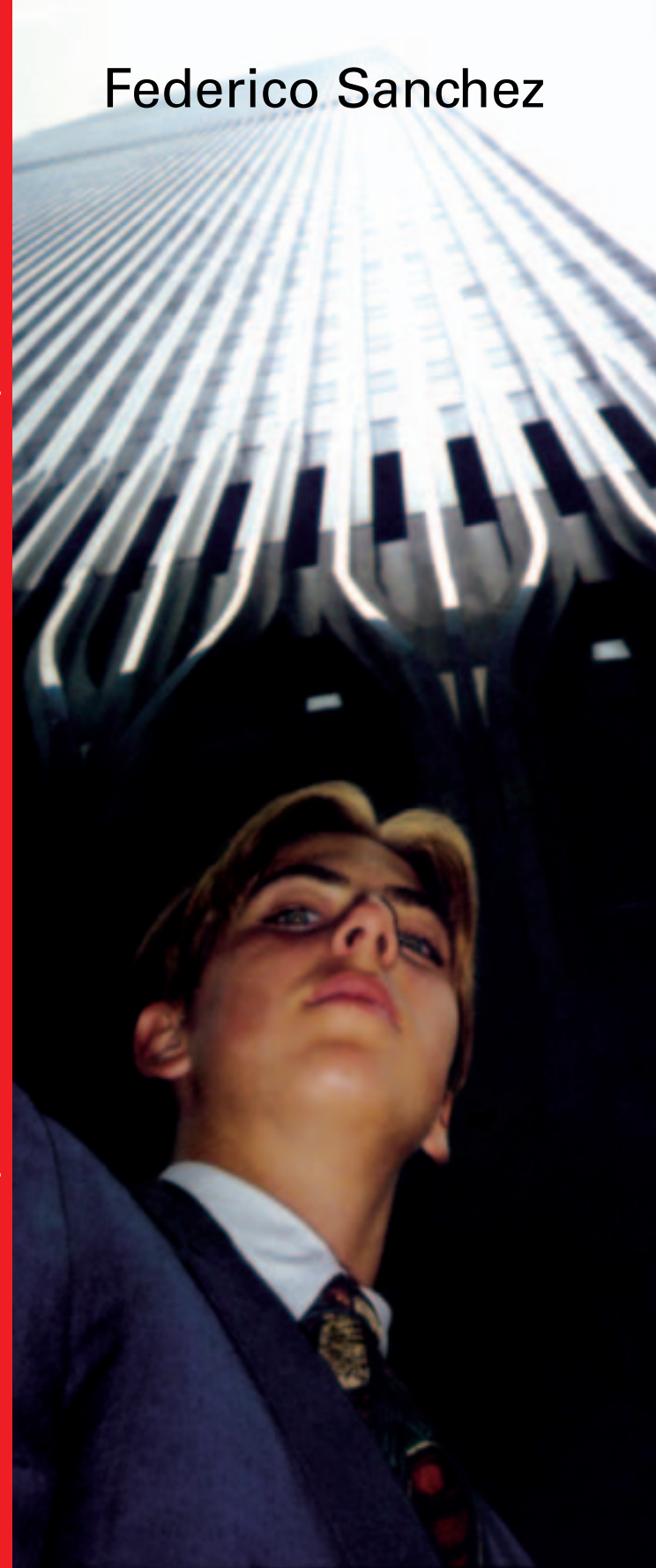


Federico Sanchez



(A Personal Encounter With Suicide)

# A THOUSAND MOMENTS OF SOLITUDE

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Sanchez

The book presents an honest, biographical testimonial of the experience of the suicide of a son, written from experience, not some abstract philosophical point of view. A comprehensive explanation of suicide is presented interweaving various aspects: a) autobiographical parts of my life and my son Mitchell as we struggled with the mental problems that eventually led to his suicide; b) a review of the diagnostic tools used by psychiatrists for mental disorders; c) fictional accounts of the lives and deaths by suicide of historical and fictional characters; d) a scientific explanation of how the brain works and how it malfunctions.



Federico Sanchez Seabrook was born (1951) and raised in Mexico City. He graduated as a Mechanical Engineer from Tufts University in 1975. He worked in the theater in Mexico City in different capacities. 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 wholesale, retail, design and manufacturing business of sterling silver accessories, *Pat Areias Sterling*, with his wife Pat. Presently they own four retail stores. They had two sons; one graduated from UCal at Berkeley, the other one from UCSB.

