

Don't You Know It | 40 Below: A Memoir of Surviving Sibling Suicide

In the depths of her grief, award-winning journalist and author Jolene Haley found herself on a journey of healing and hope.



DON'T YOU KNOW IT'S 40 BELOW? by Hourly History

★★★★★ 5 out of 5
Language : English
File size : 4973 KB
Print length : 192 pages
Screen Reader: Supported
Paperback : 440 pages
Item Weight : 1.63 pounds
Dimensions : 6 x 1.11 x 9 inches



After the suicide of her brother, 40 Below, Jolene was left reeling from the pain and loss. She struggled to understand why he had taken his own life, and she felt lost and alone in her grief.

But Jolene refused to give up. She began to write about her experience, and through her writing, she found a way to connect with others who had lost loved ones to suicide. She learned that she was not alone, and that there was hope for healing.

In her memoir, Don't You Know It | 40 Below, Jolene shares her story with raw honesty and courage. She writes about the pain of losing her brother,

the guilt and shame she felt, and the challenges she faced as she tried to rebuild her life.

But Jolene's memoir is more than just a story of loss. It is also a story of hope and healing. Jolene shows us that it is possible to survive the suicide of a loved one, and that there is life after loss.

Don't You Know It I 40 Below is a powerful and moving memoir that will resonate with anyone who has experienced the loss of a loved one to suicide. This book offers insights, comfort, and support for anyone who is grieving.

"Jolene Haley's memoir is a raw and honest account of her journey through grief after the suicide of her brother. Her writing is both heart-wrenching and hopeful, and her story will resonate with anyone who has experienced the loss of a loved one."

- *New York Times* bestselling author Ann Hood

"Don't You Know It I 40 Below is a must-read for anyone who has lost a loved one to suicide. Jolene Haley's writing is both compassionate and insightful, and her story will provide comfort and support to anyone who is grieving."

- *USA Today* bestselling author Emily Giffin

"Jolene Haley's memoir is a powerful reminder that even in the darkest of times, there is hope. Her story is a testament to the resilience of the human spirit, and it will give hope to anyone who is struggling with grief."

- *People* magazine

If you are struggling with the loss of a loved one to suicide, please know that you are not alone. There is help available, and there is hope.

For more information on suicide prevention, please visit the website of the National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org>

You can also call the National Suicide Prevention Lifeline at 1-800-273-8255.

To Free Download your copy of Don't You Know It I 40 Below, please visit the website of your favorite bookseller.

Thank you for reading.

Jolene Haley

Images for alt attribute:

* **Image 1:** A black and white photo of a woman sitting on a bench in a park, looking down at her hands. * **Alt attribute:** A woman grieving the loss of her brother. * **Image 2:** A color photo of a group of people standing in a circle, holding hands. * **Alt attribute:** A group of people supporting each other through grief. * **Image 3:** A color photo of a woman smiling and laughing. * **Alt attribute:** A woman who has found hope and healing after the loss of a loved one.

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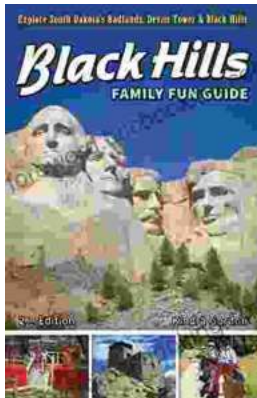
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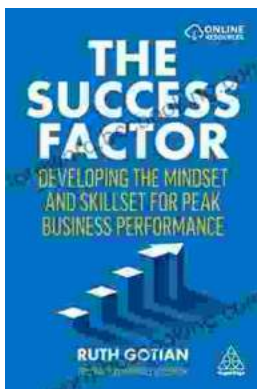


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