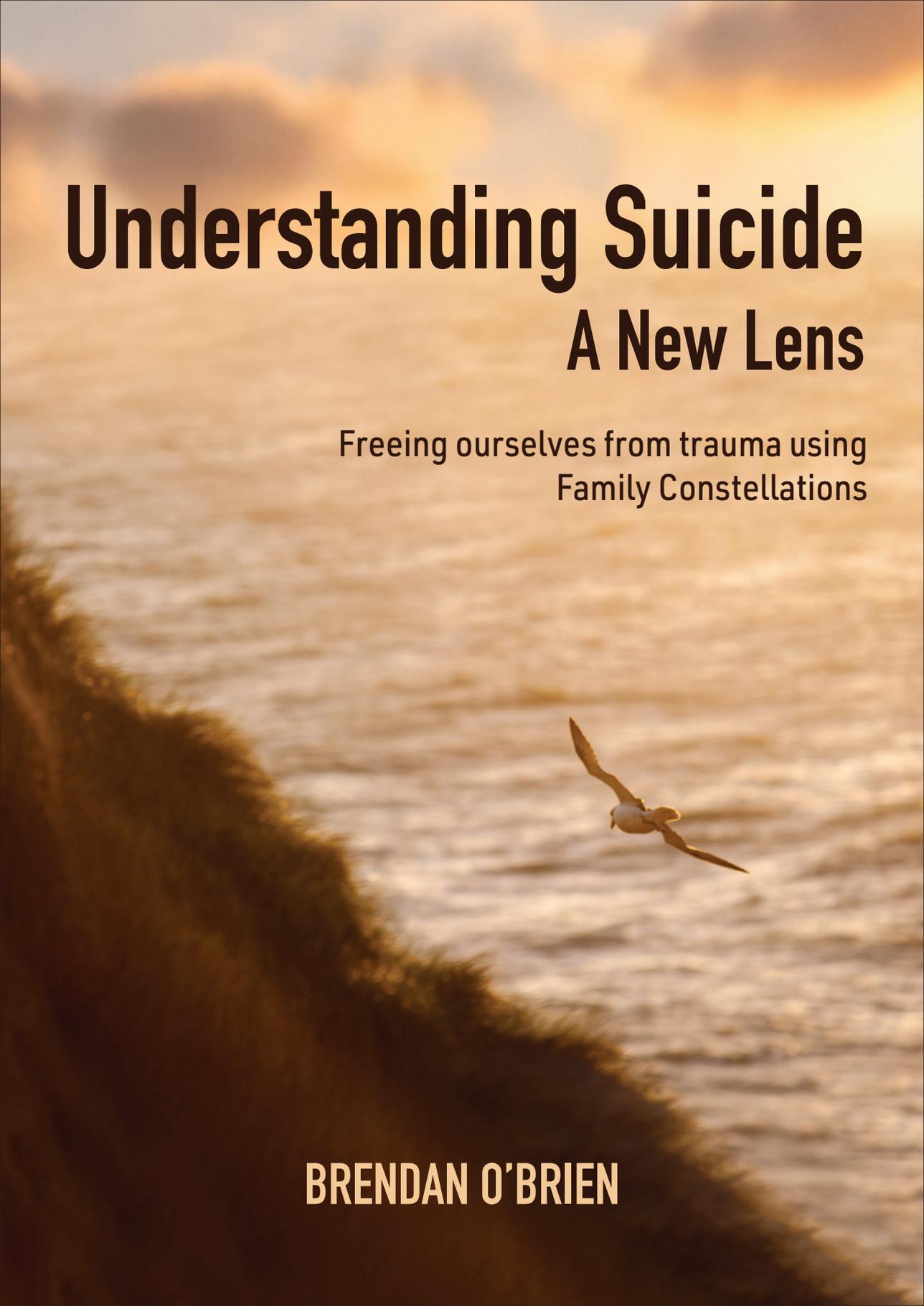


# **Understanding Suicide**

## **A New Lens**

Freeing ourselves from trauma using  
Family Constellations

**BRENDAN O'BRIEN**

The background of the cover is a photograph of a seagull in flight over the ocean. The scene is captured during sunset or sunrise, with a warm, golden light illuminating the sky and the water's surface. In the lower-left foreground, there is a dark, silhouetted cliff edge with some vegetation. The overall mood is serene and contemplative.