

Contents

<i>List of Figures</i>	<i>page</i>	viii
<i>List of Tables</i>		ix
<i>List of Boxes</i>		x
<i>Preface</i>		xi
1 A Brief View on the Social History of Suicide	1	
2 Pain, Suffering, and Buffering	6	
3 Allostasis: The Biology and Neuroscience of Suicide	26	
4 Suicide Demographics in the United States	47	
5 Prevention, Identification, and Intervention	66	
6 Building Resilient Individuals, Communities, and Societies to Prevent Suicide	94	
7 Hope	103	
<i>References</i>	107	
<i>Index</i>	177	