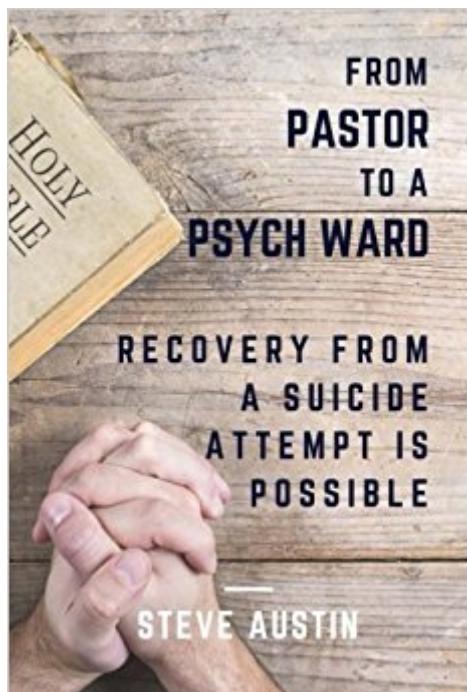


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# From Pastor To Psych Ward: Recovery From A Suicide Attempt Is Possible



## **Synopsis**

When I left home that Sunday night, I knew my wife and little boy would never see alive again. My name is Steve Austin. I survived childhood sexual abuse, but the effects rippled through my life for the next twenty-five years. After nearly ten years as a youth pastor and worship leader, I was convinced that my only "out" was a suicide attempt. Now that I have started telling my story, people often ask me what's the trick? What's the answer? What made me want to start living again? I can tell you this: I didn't take a "magic Jesus pill" and suddenly life was better. I walked through a living hell and now I have a story to tell. Jesus is a major part of it, but there was also strong medication, one heck of a support system, and a lot of hard work. Recovery is a long and difficult process, but I am living proof that it is possible. This book is for anyone who has failed a suicide attempt and is left wondering "what's next". It's also for anyone suffering from anxiety or depression, bipolar, OCD, PPD, or PTSD. If you've ever secretly considered a suicide attempt, this book is for you. I'm not a doctor or a counselor. I'm just a real guy with a powerful story to tell. I'd be honored to share my experience with you.

## **Book Information**

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## **Customer Reviews**

Steve Austin is a family man, pastor, speaker, writer, and blogger for Patheos. Follow Steve's story at [graceismessy.com](http://graceismessy.com) Steve is also the author of "Self-Care for the Wounded Soul" and "The Writer's Toolkit".

The book is written as a series of essays, many of which were first published on Steve Austin's Blog. Because I read his blog, I was familiar with Steve's story. However, seeing it all together in

this form made it even more powerful. It is not typical for a Christian to be so transparent on the raw and personal subjects dealt with in this book, but Steve makes the leap. And I cannot help but believe that healing is to be found when the light (and Light) is shown in the dark, dusty corners of our lives. His courage is inspiring. The book goes beyond the trauma story to deal with personal faith in an unexpected way. Not preachy. Very accessible to readers of any--or no--faith. Steve overcomes oppressive and shameful aspects of his religion, and manages to find a faith that incorporates recovery and authenticity.

Steve Austin somehow manages to tell a truly gut-wrenching story with such grace and hope. From surviving childhood sexual abuse, to living with the daily drain of mental illness and eventually trying to kill himself, Steve's story is one of walking through a living hell, but coming out of the fire with a recovery story that could save a life. Through practical application and intentional steps toward recovery, this book packs a punch. And it's not just for someone who has failed a suicide attempt: it's perfect for anyone struggling with anxiety, depression, or other mental health issues, too. Don't miss this book!

This book was exactly what I needed to hear. I cannot recommend this book enough. As someone who struggles with anxiety and depression in the church, reading these words was like a breath of fresh air. I have attempted suicide six times and I have struggled with self harm for around ten years. I understand the pain, and so does Steve Austin. In the church, so few people talk about issues of mental illness, and this needs to change, because people are suffering and facing the stigma alone. I downloaded this book after I read an article on relevant magazine and I finished it the same day. It is just that good! It is comforting when someone puts words to the things in your head. This passage especially, "When you've done everything right - you've been to counseling, taken your meds, surrounded yourself with supportive people - and they still show up, what do you do". When I read it I was just like woah that is it. This book asks many of the questions that we all ask about God and his goodness and his grace. I have spent countless sleepless nights questioning why I wanted so badly to die when there is a good God, and asking why He wasn't making it all better. It also speaks to those of us who don't have family and many of our friends in our corner. When the support in your life just isn't there. If you find yourself in a church that doesn't believe in mental illness as anything other than a sin or a character flaw it can make recovery all the more difficult. I read this book while going through a relapse that I am still in the midst of, and this book helped me so much. I can't recommend this book enough.

The way Steve walked me through the pages of his life; the good, the bad, and the oh-so-ugly, with such incredible honesty, proved what I've known since he was that adorable, bubbly little 6-year-old with the cute buzz cut, ironed t-shirts, and, of course, his beloved sock puppet in my first grade class so many years ago! I knew he would grow up to be a wonderful person. I knew he was destined for great things. I knew he was going to make a difference in the world. Steve is such a talented writer with a true gift of being able to tell about horrific life experiences with truth, dignity, and just the right sprinkling of humor to touch the hearts and souls of the readers. Of course I recommend this book to everyone, but I definitely recommend it to anyone who has struggled, or is currently struggling with any aspect of their life or has questions about their self-worth and the gift of grace. Phenomenal read full of powerful advice that could apply to any phase of life.

Steve Austin writes with such candor and clarity about the subjects of childhood sexual abuse and suicide. The reader is instantly transported to Austin's world from page one. We learn how abuse when it is repressed can come out later in life as depression. He speaks about how religion made it difficult for him to address his mental health issues. Austin is brutally honest about what it's like to be suicidal. This book is a must-read for anyone who has been suicidal or depressed. It's a great read for family members who are trying to support a loved one with mental illness.

Mental health is a serious issue within the Church and Steve does a great job dealing with that issue head on. This is a must read for anyone in vocational ministry!

Steve Austin is such a good storyteller, and my favorite part is that he takes the shame OFF of mental health issues, and places the emphasis on finding help for those who need it. If you struggle with depression or suicidal ideations, read this and find some hope.

Steve Austin is the real deal. So many of us are affected by mental illness--of a friend or a loved one--or perhaps you have a touch of it yourself. We may not even know who is at risk because we don't want to see. Austin erases the shame and writes honestly about his amazing journey, messy and full of grace. I also enjoy his blog, [iamsteveaustin.com](http://iamsteveaustin.com). This is not Christian platitudes and cliches but earnest, raw faith.

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