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**Cracked Not Broken Surviving And**  
Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt is a striking story of survival and comes from an author who at age nineteen jumped off the Golden Gate Bridge. The fall didn't end his life; it began a chronicle of facing mental illness - bipolar disorder -

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and a series of breakdowns that challenged the author's desire to live mentally well.

## **Amazon.com: Cracked, Not Broken: Surviving and Thriving ...**

Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt. The Golden Gate Bridge is one of the most

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recognizable structures to define a modern city. Yet, for author Kevin Hines the bridge is not merely a marker of a place or a time. Instead, the bridge marks the beginning of his remarkable story.

**Cracked, Not Broken: Surviving and Thriving After a ...**

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Cracked, Not Broken, is an amazing and absorbing story about a man with a tremendous will to survive even when his own mind is telling him he must die. After years of speaking all over the world to encourage others and to prevent suicide, he has gifted us with a book describing the experience and thoughts affected by his mental illness in



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illuminating detail.

**Cracked, Not Broken: Surviving and Thriving After a ...**

Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt Audible Audiobook - Unabridged Kevin Hines (Author, Narrator), Dr. Daniel J. Reidenberg - foreword (Author), Tantor

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Audio (Publisher) & 0 more

## **Amazon.com: Cracked, Not Broken: Surviving and Thriving ...**

Cracked Not Broken is a testimony of ongoing recovery, where there is no false promise of a cure, but an affirmation that with hard work, persistence, and support, anyone can

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improve their quality of life. Hines does not hold back in this personal memoir of depression, mania, and suicidality.

## **Cracked, Not Broken: Surviving and Thriving After a ...**

by Kevin Hines Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt should be requested reading for

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anyone who wants to follow in the footsteps of a person with bipolar disorder who has emerged triumphant. The author's survival and resilience have become a continuing lesson on what makes life worth living.

**Cracked, Not Broken: Surviving and Thriving After a ...**

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Cracked, Not Broken : Surviving and Thriving After a Suicide Attempt. by Kevin Hines. Overview -. The Golden Gate Bridge is one of the most recognizable structures to define a modern city. Yet, for author Kevin Hines the bridge is not merely a marker of a place or a time.

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**Cracked, Not Broken : Surviving and  
Thriving After a ...**

As soon as I received "Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt" in the mail, I could not stop reading as I kept turning the pages day and night. Not once did I get bored with this book as Kevin has a way with words, especially when describing his

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own mentality.

## **Amazon.com: Customer reviews: Cracked, Not Broken ...**

Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt is a striking story of survival and comes from an author who at age nineteen jumped off the Golden Gate Bridge. The fall

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didn't end his life; it began a chronicle of facing mental illness - bipolar disorder - and a series of breakdowns that challenged the author's desire to live mentally well.

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**"Cracked Not Broken" - Kevin Hines**

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**\*SIGNED\* — Kevin Hines**

Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt by Kevin Hines I have known some aspects of Kevin Hines' incredible story of surviving a jump from the Golden Gate bridge since I saw the documentary The Bridge in 2006. He has since become a powerful mental health advocate and

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well-known speaker.

## **Cracked, Not Broken: Surviving and Thriving After a ...**

In the summer of 2013, Kevin released his bestselling memoir titled Cracked Not Broken, Surviving and Thriving After A Suicide Attempt. He is currently producing a documentary entitled

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Suicide: The Ripple Effect. Kevin's will to live and stay mentally well has inspired people worldwide.

## **Kevin Hines Story Kevin Hines**

Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt Kevin Hines No preview available - 2013.  
About the author (2013) Kevin Hines is

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an award-winning international speaker, author, and mental health advocate.

## **Cracked, Not Broken: Surviving and Thriving After a ...**

Two years after being diagnosed with bipolar disorder, Hines, then 19, threw himself from the Golden Gate Bridge into the San Francisco Bay, but survived the

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220-foot fall. Since that time, he has...

**NPTalks - Kevin Hines: Cracked Not  
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(Hardcover) Average Rating: (4.0) out of  
5 stars 1 ratings, based on 1 ... with  
brain illness, this is a valuable resource.  
The writing is not perfect, but that is  
truly not the point. This is not literary

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fiction - it's a chronicle of a seemingly futile battle and the heroes ...

## **Cracked, Not Broken: Surviving and Thriving After a ...**

Kevin Hines jumped from Golden Gate Bridge at the age of 19 with the intention of never being able to write again. Astonishingly, he survived his



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suicide attempt. He went on to write Cracked, Not Broken “for those who cannot and will never give voice to their reasons or regrets.”

## **Cracked, Not Broken: Surviving and Thriving After a ...**

Cracked, not broken : surviving and thriving after a suicide attempt. [Kevin

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Hines] -- This work is about the art of living mentally well. Told through the first-hand experience of mental health advocate, activist and speaker Kevin Hines (who has bipolar disorder), the story is an ...

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