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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 - and a series
of breakdowns that

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challenged the author's
desire to live mentally
well.

After
A Suicide Attempt

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Attempt. The Golden

Gate Bridge is one of

the most recognizable

structures to define a

modern city. Yet, for

author Kevin Hines the

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bridge is not merely a marker of a place or a time. Instead, the bridge marks the beginning of his remarkable story.

**Cracked, Not
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and Thriving After a**

...

Cracked, Not Broken, is an amazing and absorbing story about a man with a tremendous will to survive even when his

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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 illuminating detail.

Cracked, Not Broken: Surviving and Thriving After a

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Audible Audiobook -

Unabridged Kevin

Hines (Author,

Narrator), Dr. Daniel J.

Reidenberg - foreword

(Author), Tantor Audio

(Publisher) & 0 more

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and Thriving ...

Cracked Not Broken is

a testimony of ongoing

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recovery, where there is no false promise of a cure, but an affirmation that with hard work, persistence, and support, anyone can improve their quality of life. Hines does not hold back in this personal memoir of depression, mania, and suicidality.

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Broken Surviving

by Kevin Hines

Cracked, Not Broken:

Surviving and Thriving

After a Suicide Attempt

should be requested

reading for 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.

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**Cracked, Not
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and Thriving After a
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Cracked, Not Broken :
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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 own

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mentality.

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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
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mental illness - bipolar disorder - and a series of breakdowns that challenged the author's desire to live mentally well.

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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. Inst

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

Cracked, Not Broken:
Surviving and Thriving
After a Suicide Attempt
by Kevin Hines I have

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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 well-known speaker.

**Cracked, Not
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and Thriving After a**

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

Kevin Hines

Story Kevin Hines

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A Suicide Attempt

Kevin Hines No preview

available - 2013. About

the author (2013)

Kevin Hines is an

award-winning

international speaker,

author, and mental

health advocate.

Cracked, Not

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and Thriving After a

...

Two years after being

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diagnosed with bipolar disorder, Hines, then 19, threw himself from the Golden Gate Bridge into the San Francisco Bay, but survived the 220-foot fall. Since that time, he has...

NPTalks - Kevin

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Cracked, Not Broken:
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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

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point. This is not literary fiction - it's a chronicle of a seemingly futile battle and the heroes ...

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

Astonishingly, he

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survived his 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
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...

Cracked, not broken :
surviving and thriving
after a suicide attempt.
[Kevin Hines] -- This
work is about the art of

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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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