



The Suicide Solution

Paul Lukas

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That downward spiral, depression, the depression that would nearly do me in, loomed over my adulthood. The desire to kill myself was as present to me as anything else I knew at the time. And here I still am, trying to get out from under that monstrous legacy, trying to get free. If I could get free, if I could be as happy as I once was, as many people seem to be today, I would be extremely grateful.

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