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## **Sandpoint Author Shares Story of Overcoming Shame of her Father's Suicide**

*A Heart's Journey to Forgiveness*  
By Terese Luikens

SANDPOINT, IDAHO – Coping with the loss of a loved one due to suicide is said to cause pain that is harder to navigate than if they had died by some other cause. Loved ones are left reeling from the death.

In 2020, suicide was the twelfth leading cause of death overall in the United States. That number increased 4% from 2020 to 2021. These are startling statistics reported by the Centers for Disease Control and Prevention (CDC).



Terese Luikens's beloved father took his life when she was thirteen years old, leaving Terese emotionally alone to cope with the pain and shame of his death.

“Though it was an awful and life-altering event, no one in my family, including my mother, ever mentioned it. My siblings and I grew up under a dark cloud of shame, which accompanies survivors of suicide,” Luikens said.

Luikens documents the impact of her father's suicide on her own life in her memoir, *A Heart's Journey to Forgiveness* published by Redemption Press. The sixth of seven children, Terese grew up in an unstable household—invisible to her mom yet cherished by her alcoholic dad. His suicide added to the dysfunction in the family and resulted in far-reaching emotional ramifications.

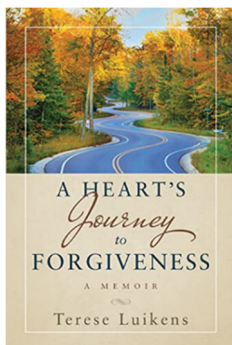
“The chain reaction of my dad's suicide brought pain and chaos to my already turbulent childhood, along with emotional consequences I'd have to deal with throughout my entire life,” Luikens said. “But healing is possible, and *A Heart's Journey to Forgiveness* is my life story of finding a way out of the shame.”

From her rocky childhood to finding love and having her own family, Luikens's memoir documents her journey to escape the shame of her past, find healing and love, learn to trust, and discover faith in a real and personal God.

### **ABOUT THE AUTHOR**

Terese Luikens has written and contributed articles for *Mother Earth News*, *The Secret Place*, *Decision Magazine*, *The Upper Room*, *Hearts at Home*, and the *Epoch Times*. Terese's blog, *Why Bother?*, will have you asking yourself that question on many topics! A school teacher and a yoga instructor, Terese lives in Sandpoint, Idaho, with her husband and enjoys being mother to three grown sons and grandmother to her much-loved grandchildren.

Learn more at [www.tereseluikens.com](http://www.tereseluikens.com)



A Heart's Journey to Forgiveness

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