

## ABOUT THE AUTHOR

Suzanne I. Serlin is an accomplished speaker. Her main focus today is help for families of the suicidal, prevention of suicide and programs for the bereaved. She never dreamed that her own challenges in life would serve as preparation for her experience working with her son Joel, who died by suicide. All the documentation and learning that both Joel and Sue accomplished were to help him live. Ultimately, their profound experiences together, research and documentation became their book, *Good Night My Son, I Love You*.

She has been a sought after speaker on the subjects of dyslexia, learning disabilities, hypnotherapy and personal growth, for nearly 33 years. She has honed her skills in a variety of leadership roles and has achieved many board honors and awards. Her life is focused on her mission and vision—that being to help others and make a difference in this journey called life.

Sue has a history of overcoming.

She was held back three times in elementary school and found herself in summer school in order to graduate. In college, she experienced many challenges with tests, but speaking and role playing were her forte. She could see patterns, options available and outcomes. She looks at her own patterns for productivity. If they are unproductive she challenges herself to no longer have them in her life. Her workshop participants have done the same.

To understand reading was a difficult experience. She discovered that she needed to connect words into thoughts in order to comprehend what she was reading. Her problems went undiagnosed until her children experienced similar difficulties. At the age of 40, Sue made the decision to get tested and to ask for help.

Sue's children, like her, have been diagnosed with dyslexic, learning disabled and ADD. One of her children has experienced a chronic physical challenge. As a parent, watching them grow, Sue realized that they were achievers. She watched them overcome in particular areas. And then her focus became concentration on Joel who experienced mood disorders, severe depression and suicidal thoughts. She used her background to help herself, and Joel, She has spoken to clergy and bereavement groups such as Compassionate Friends and has designed relevant workshops. Sue and her husband have dedicated themselves to being Prayer Partners. They pray with others for expressed healing's.

Sue's life is a testimony of the strength of the human spirit. The devastation of her son Joel's manner of death was the catalyst for writing *Good Night My Son, I Love You*. Her book goes way beyond the deadly seriousness of suicide. It applies to many different facets of living life successfully. She is indeed proud of Joel's endeavors to live, to help others and to make a difference. Death by suicide cannot erase all the powerful and positive energy that makes us who we are.

Sue thinks of herself as both the student and the teacher. Dealing with challenges brought forth her positive focus, compassion and deep inner convictions. She attributes her own strengths to these experiences. She has dedicated herself to researching and creating programs to help others.

Her background includes being President of the Michigan Association for Children with Learning Disabilities, Oakland County Michigan Region. Sue ventured out to find programs to improve her problems with reading, organization and connections. While, she certainly did not appear to have a challenge, it was apparent to those in the field and within the school setting. She searched for diagnostic tests for adults only to find that there were none at that time. She decided to try any means available to learn how to comprehend reading effectively and to determine how to enjoy learning.

She participated in an extensive array of conventional and alternative methods in order to more fully understand the written language. Sue used her innovative creativity to be a part of pioneering programs. She employed several treatment protocols that she worked together to achieve profound results.

With these changes came more alternative practices and becoming a Certified Hypnotherapist as well as an Inner Child Specialist. Sue developed a practice helping those who were dyslexic as she had helped herself. She used hypnosis to speak to the subconscious and helped people who kept their challenges in hiding. She became a part of the Michigan Association for Children with Learning Disabilities State Board, spoke and gave workshops on dyslexia and presented at hypnotherapy conventions and conferences.

What started as speaking and being a parent advocate thirty three years ago ultimately branched out to speaking to professionals, organizations, conferences and school systems. Looking back, it appears that Sue was being groomed for what appears to be her ultimate mission – dealing with Joel's progression of suicidal thoughts, his death and ultimately helping others to live life successfully.

Sue shares her journey and allows herself to be vulnerable while giving methods Joel and she employed while he was here on earth struggling with crippling depression and other challenges. Joel too, shared his deepest feelings being a suicidal person. Joel, was an over comer of dyslexia and learning disabilities and, as an adult, he excelled in his involvement in causes.

Sue has been featured on radio and TV. She has had feature stories in the Observer Eccentric Newspapers, the Detroit News and other forms of media. She has taken part in panel discussions and has had clients featured for their own accomplishments. She has helped those who are dyslexic and slow learners. Her learning has been integrated into all her speaking. She continually seeks learning through in-depth programs on spiritual and psychological growth. She attends workshops on suicide and is on the Farmington Hills Task Force for Prevention of Suicide.

During all of this and for twenty plus years, Sue has had a very successful company called Senior Assurance Agency. As a Long-Term Care Specialist, she has helped clients through claims and securing what is appropriate for their needs. She has developed programs for seniors in self-growth, appreciating their courage and achievements.

All the while unknowingly, Sue was developing background for her greatest feat of all, working with her son and dealing with the loss of Joel. Today she brings further understanding, compassion and additional help to those who are suicidal, their families and the bereaved.

We are gifts to each other as we deliver our abilities and compassion to humanity. We have so much to give, and with giving, we influence each other to experience lives that are filled with passion and owned accomplishments. *Good Night My Son, I Love You* is a remarkable, tender and loving tribute to her son. It is deeply touching and very helpful.