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Dr. Carole's Couch
Tuesday at 1 PM Pacific
March 14th 2017: The Little Black Book of Suicide Notes

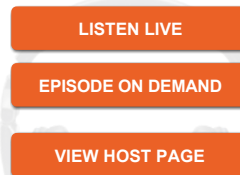
With the world so on edge, there are undoubtedly more people contemplating suicide these days, so this episode explores: what could make a person feel that they can no longer go on living? Why would someone think that ending their life is the only option? Today's guest, Adele Paula Royce, author of *The Little Black Book of Suicide Notes*, presents a 'semi-fictional' look inside the mind and heart of a tortured soul on the verge of ending her own life. Royce wrote this book hoping to leave the reader more inspired to live life to the fullest and never take anything for granted. Dr. Carole adds h

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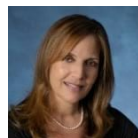
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Featured Guest



Adele Paula Royce

Adele Paula Royce resides in New York City. With an artistic educational background, including the School of Visual Arts in NYC and a degree in fine arts and English literature from City University of New York, she worked her way onto the corporate scene. Utilizing a Jackson Pollock technique of colorful truth to secure her business relations, she envisioned corporations artistically as blank canvases. More than 10 years ago, she began studying under a master teacher of Western Spirituality, and has been a student of Kabbalistic practice ever since. She is the author of *The Little Black Book of Suicide Notes*.

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