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## FOR IMMEDIATE RELEASE

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**NEW JERSEY NATIVE LISA SCHENKE RELEASES NEW MEMOIR  
ABOUT HER TEENAGE SON TIM'S 2008 SUICIDE  
AND HER DETERMINATION TO EMBRACE LIFE**

**Tim Schenke's was first in a series of 10 teen suicides at the Jersey Shore,  
beginning one of the largest "suicide clusters" the nation has ever seen**

***WITHOUT TIM:  
A Son's Fall to Suicide, A Mother's Rise from Grief*  
by Lisa Schenke**

**September 1, 2013 • Paperback • 208 pages • ISBN: 978-0989295109 • \$14.99 \* Also available as an e-book**

**— Book's Publication To Coincide With September's Suicide Prevention Month —**

*"Without Tim* gives us honest, everyday insights into the heartbreaking and often perplexing world of teenage depression and suicide while inspiring the reader with a very personal yet relatable look at a mother's tireless fight to make sense of it all."—*Nicole Romaine Settembrino, 2NDFLOOR Youth Helpline*

"Not since Iris Bolton's *My Son, My Son* has a book about the suicide of a child seemed sincerely authentic."  
—Ginny Sparrow, American Association of Suicidology

"Schenke helps herself and her readers achieve not only a heightened understanding and ability to endure, but a capacity to embrace life, on the other side of tragedy, fully and courageously."  
—*Jim Laughlin, The Life is good Company*

"This book is for parents, teens, educators, clergy, and counselors who seek to understand the tragic loss of young lives." —*Nancy Devor, The Samaritan Institute*

**SPRING LAKE HEIGHTS, NJ** — Lisa Schenke has been through every mother’s worst nightmare. Her 18-year-old son Tim took his own life on April 26, 2008 by stepping in front of a commuter train in their idyllic Jersey Shore town. Tim’s was the first of at least 10 young adult suicides in southern Monmouth County, NJ within a four-year period. Lisa’s searing and big-hearted new book shares glimpses into Tim’s life and tells the story of his tragic death for the first time.

***WITHOUT TIM: A Son’s Fall to Suicide, A Mother’s Rise from Grief*** is a rare and generous gift. This deeply personal and honest account welcomes us into the Schenke family’s world, shining a light in even the darkest corners.

The chapters toggle back and forth in perspective from before Tim’s death to after. As Lisa pieces together Tim’s childhood and teen years on the one hand, we build a patchwork understanding of his life—the love and promise of a mother’s first-born, the triumphs of a scholar and an athlete, and the deep complexities and insecurities of a young adult facing life’s normal challenges while struggling with substance abuse and depression. As Lisa alternates back to the immediate aftermath of Tim’s death and beyond, we bear witness to a mother’s heartbreak, her desperate need to make sense of what has occurred, and her brave determination to pick up the pieces of her shattered life and move on. As news comes of the subsequent suicides—many of whom Lisa knew—we watch as her grief is compounded and marvel as her resolve is strengthened.

The effect of alternating between the “what I knew then” and “what I know now” viewpoints is that of living through the experience alongside the author. The result is a complex tapestry, weaving together the facts that can be known with the questions that will always remain unanswerable. Along the way we learn about Lisa’s coping mechanisms and inspirations, where she finds comfort, and how she learns to welcome joy back into her life.

For teens facing doubts about their future and their self worth, ***WITHOUT TIM*** lets them know they are not alone and encourages them to embrace life. For concerned parents who fear the worst for their kids, the book is both cautionary tale and guiding light. For fellow survivors, Lisa puts beautiful words to unspeakable loss and shows a way to face both grief and life beyond it with grace and resilience.

**ABOUT THE AUTHOR:** A New Jersey native, Lisa Schenke now resides two miles from the ocean in Point Pleasant, NJ. A graduate of Montclair State University, she worked at AT&T for 18 years and is now employed as a certified personal fitness trainer. Lisa was involved in the “Hold On” suicide prevention fundraising efforts in 2009 and 2010 to benefit 2NDFLOOR Youth Helpline, a New Jersey statewide program. She was also very active in fundraising and promoting the first annual Jersey Shore American Foundation for Suicide Prevention (AFSP) Out of the Darkness Walk in 2011, where she spoke as a suicide survivor. This walk was awarded the “Most Outstanding First Year Walk” at the national level. Lisa also spoke at a University of Medicine and Dentistry (UMDNJ) suicide postvention training program in 2012 and was featured on NBCNews.com in a recent piece titled “NJ town recovers from teen suicide cluster.”

***WITHOUT TIM*** is her first book.

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**For additional information, review copies, or to schedule an interview with Lisa Schenke**

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