

Kue Young (coord.), Suicide and resilience in circumpolar populations, International Journal of Circumpolar Health, published on circumpolarhealthjournal.net, Järfälla (Sweden), 2015, 320 p.

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The affiliated researchers of the Journal of Circumpolar Health carried out extensive research, over the last few years, on various topics that are closely linked to the particularities of suicide among the peoples of the Arctic. By now, most of the areas that lay within the boundaries of the Arctic are plagued by high abnormally high rates of suicide. A quick look in to the statistics that are available from Russia, Scandinavia, Greenland and Canada show us that suicide victims are somewhat equally distributed among various age groups. The scholars that contributed to this colossally complex piece of work come from a variety of academic backgrounds, ranging from medical sciences, statistics, demography, psychology and sociology. This crucial fact should not be ignored by any means, due to the fact that, as we may already suspect, suicide itself is an extremely complex phenomena, and the factors that influence people to consider engaging in such fatal deed vary considerably from case to case. Even so, as the findings that are listed in this book state, the causes of suicide usually follow certain patterns, and the action itself can find more fertile soil in certain cultural environments than in others.

The contributing scholars highlight the extremely frail state that characterizes the mental health of individuals that reside in various Arctic communities. This frailness is directly linked to total, or relative, isolation in which many communities live, also other factors such as the limited amount of sunlight and poor eating habits, along with an extremely limited volume of resources, leave a deep mark on the overall feeling of dissatisfaction towards life that the indigenous experience.

The book lists a total of fourteen studies, each study heavily relies on statistical data that was collected from various reliable sources, such as medical institutions, population statistics and various medical and historical documents that are relevant to the central theme. One aspect that should be mentioned is that, unlike other books and journals that focus on the study of indigenous peoples, this book analyzes certain social and health related issues linked to these groups from an anthropological

perspective, mainly characterized by the use of quantitative methods. The true value of this work can also be validated by the interest it poses in other fields of research, so it can be stated that it truly has a trans-disciplinary character.

If we were to point out a few of the disadvantages that can be associated with this work, we can mention that it is mainly targeted toward experts, or people that are familiarized with issues that are linked to the social and health issues from the Arctic area. Its overall format, the selection of words that is used through the whole book, will pose an impediment to readers that are not familiarized with this field's specific terminology and theoretical framework. But on the other hand, we can have a higher degree of trust when it comes down to unbiased positions, cultural studies books and journals that are centered around the study of indigenous groups often present extremely biased positions, and have the tendency to present the members of these groups more as magical creatures than actually fully fleshed humans.

In order to end this review on a positive note, I will state that *Suicide and Resilience in Circumpolar Populations* is a valuable collection of works which contributed greatly to the development of scientific literature in the field of indigenous anthropology. The findings that are presented within this book's pages offer us an in depth understanding of the factors that contribute to the high rates of suicide among individuals that reside in the Arctic region.