



Self Help Psychology: Anxiety: PTSD Recovery (Stress Management Trauma Post Traumatic Stress Disorder) (Alternative Therapy Cognitive Neuroscience PTSD)

David Walker

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You're about to discover a proven strategy on how to overcome PTSD so you can live a normal, happy life. There are many people that suffer from PTSD and the emotional pain can be overwhelming and this pain can overflow affecting the people closest to them. Most victims realize how much of a problem this is, but are unable to overcome this problem.

The truth is, if you're suffering from PTSD and haven't been able to beat PTSD, you're simply lacking an effective strategy to control it and ultimately beat it. This book goes into a step-by-step strategy that will help you overcome PTSD once and for all.

Here Is A Preview Of What You'll Learn...

- What is PTSD?
- Causes of PTSD
- Symptoms of PTSD
- PTSD Treatment
- Self-Help Treatment
- Most Common Myths about PTSD
- Physiological or Biochemical Causes
- Traumatic stressors
- Much, much more!

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"Very helpful" -- Sarah McDonald

"Posttraumatic stress disorder (PTSD) develops after a terrifying suffering that involved physical or psychological harm or the threat of physical or psychological harm. Persons suffering from PTSD experience recurrences of the terrifying situation. Educating yourself with this book is something I will highly recommend to anyone particularly for people suffering from PTSD or have family members or friends suffering from PTSD." -- Ivan Jerk

"This book is a great guide for those out there trying to overcome a serious problem that they've once experienced in their lives. PTSD (post traumatic stress disorder) should not be overlooked. I've known someone with this disorder, and trust me, all is not well with him. The strategies and guidelines that this book presents will surely help out with reducing the effects, but it's best to seek professional help. Still a great book though - recommended!" -- Jack Black

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