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The Everything Guide to Overcoming PTSD: Simple, Effective Techniques for Healing and Recovery (Everything®)

Romeo Vitelli

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Expert advice for conquering the effects of trauma!

If you have been diagnosed with post-traumatic stress disorder (PTSD), everyday life may seem overwhelming. But you're not alone--there's hope for recovery, and you can learn how to take control of your emotions. *The Everything Guide to Overcoming PTSD* includes in-depth information on:

- Traditional treatments, including psychotherapy, drug therapy, and cognitive behavioral theory.
- New methods of support, like mindfulness therapy and animal therapy.
- Ways to reverse the physical effects of PTSD.
- Techniques for treating children who have developed PTSD.

While PTSD is typically associated with war and veteran soldiers, recent studies have found this debilitating condition can be caused by a variety of traumatic events, from a neglectful childhood, medical emergency, and natural disasters to car accidents or physical assaults. No matter what the cause, you'll find supportive advice and treatment techniques to help you find the resilience you need to recover from traumatic events and start living a happier, healthier life.

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