
Her **mind-blowing** experience came as a total surprise. But that feeling of transformation is in some way typical,says **Rich tedeschi**,a professor of psychology at the university of **North Carolina in Charlotte** who coined the term “post-traumatic growth”.

她的令人兴奋的经历令人惊讶。

但这种转变的感觉在某种方面来讲是典型的，夏洛特北卡罗来纳大学心理学教授Rich tedeschi说到，他创造了“创伤后成长”一词。

mind-blowing 令人兴奋的

His studies of people who have endured extreme events, like **combat, violent crime** or **sudden serious illness** show that most feel **dazed** and anxious in the immediate **aftermath**; they are **preoccupied** with the idea that their lives have been shattered.

他对那些经历过诸如战斗，暴力犯罪或突发严重疾病等极端事件的人的研究表明，大多数人在紧接着的后果中感到茫然和焦虑；他们满脑子都是他们的生活被打破了的想法。

dazed 茫然的 aftermath 后果;余波 preoccupied 全神贯注的

A few are **haunted** long afterward by **memory problems, sleep trouble** and **similar symptoms** of post-traumatic stress disorder. But **Tedeschi** and other have found that for many people -- perhaps even the majority -- life **ultimately** becomes richer and more **gratifying**.

一些人在记忆问题，睡眠障碍和创伤后应激障碍的类似症状之后就被久久困扰。但是 Tedeschi和其他人发现，对于许多人 - 甚至可能是大多数人 - 生活最终变得更加富裕和更加令人满意。

haunted 困扰;(闹鬼) ultimately 最终的 gratifying 令人满意的
