

THE TRAUMA OF EVERYDAY LIFE



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Laura van Dernoot Lipsky, founder and director of The Trauma Stewardship Institute and author of Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others, has worked directly with trauma survivors for more than three decades.

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The first goal of trauma recovery should and must be to improve your quality of life on a daily basis (Rothschild, 2010)

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