



5 Survivors: Personal Stories of Healing from PTSD and Traumatic Events

By Tracy Stecker

Hazelden Information Educational Services, United States, 2011. Paperback. Book Condition: New. 210 x 134 mm. Language: English . Brand New Book. First-person accounts by five PTSD survivors bring hope to the millions suffering from but not yet diagnosed with this affliction--and their loved ones. Each year millions of people are afflicted by Post-Traumatic Stress Disorder (PTSD). Most struggle to simply make it through the day as sights, sounds, and smells bring their life s most harrowing experience front and center, to be relived again and again. And many are unaware of the root problem of these symptoms or are unwilling to admit one exists. Through moving firsthand accounts 5 Survivors sheds an intimate light on the impact of PTSD on three veterans of war, a survivor of Hurricane Katrina, and a victim of childhood sexual abuse. With courage and honesty, they tell their stories of trauma, revealing the struggles they faced later in life, and how they eventually worked toward positive change and healing. With the guidance of PTSD expert and researcher Tracy Stecker, Ph.D. who outlines the symptoms and progress of each survivor, those living untreated with PTSD may see themselves in these stories, realize they are not alone,...



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