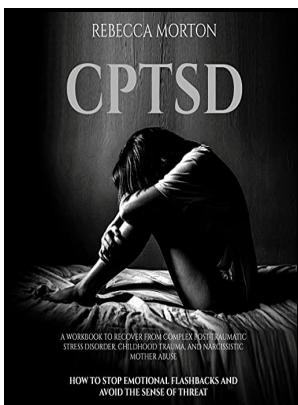


Healing from post-traumatic stress - a workbook for recovery

McGraw-Hill - Books + Audio



Description: -

- Graphic novels

Post-traumatic stress disorder -- Treatment -- Handbooks, manuals, etc

Post-traumatic stress disorder -- Patients -- Rehabilitation -- Handbooks, manuals, etc

Healing from post-traumatic stress - a workbook for recovery

Notes: Includes index.

This edition was published in 2007



Filesize: 23.38 MB

Tags: #The #Adverse #Childhood #Experiences #Recovery #Workbook: #Heal #the #Hidden #Wounds #...

The Adverse Childhood Experiences Recovery Workbook: Heal the Hidden Wounds ...

The book is clearly straight from the print version, so a lot of the formatting is off. This is a great, inclusive resource on PTSD and various different treatments.

The Post

This workbook is based in cognitive behavioral therapy, a powerful approach that has been proven to be more effective over the long run than sleeping pills. Dishonesty has to be the worst crime in non-fiction writing.

Healing from Post

By engaging in these meditations, you will be able to heal some of the negative beliefs that you took on and gain clarity about your path and how to live a more authentic and more fulfilling life.

[Pdf] The Post Traumatic Stress Disorder Sourcebook Revised And Expanded Second Edition A Guide To Healing Recovery And Growth

This long-awaited, fully revised second edition of the best-selling The Self-Esteem Workbook includes up-to-date information on brain plasticity, and new chapters on forgiveness, mindfulness, and cultivating lovingkindness and compassion.

Related Books

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