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## 3 Keys to Managing PTSD: The Warrior's Guide to Overcoming Combat Trauma

By Brett Cotter

Stress Is Gone LLC, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book equips military veterans, active-duty military, and their families with a complete stress management program. The book guides you step-by-step, until you master the 3 Keys to Managing PTSD. The 3 keys are: (1) Learn how to stop a stress reaction, (2) Process the trauma, and (3) Meditate daily. If you want to naturally reduce stress this book is for you. The book includes the PTSD FREE mobile app developed by Stress Is Gone. This cutting edge mHealth technology predicts and stops reactions, helps you process trauma, and teaches you how to meditate. A Stress Is Gone Online Membership is also included as an additional self-care resource. This complimentary offering helps you and your family reduce anxiety, depression, and increase your overall mental health. The site includes a stress assessment and three tailored relaxation exercises to help you reduce physical stress, emotional stress, and mental stress. The entire program included with your purchase is certified by The American Institute of Stress. The author dedicates the book to his father, a decorated USMC Vietnam veteran...



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