



Understanding Trauma: How to Overcome Post-Traumatic Stress

Dr. Roger Baker

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More than simply presenting a treatment regimen to post-traumatic stress, this guide also presents strategies to preventing the disorder in the first place

Drawing on 20 years of research and clinical practice, this informative self-help guide explains the many symptoms of post-traumatic stress disorder and lays out a self-help program called Emotional Processing Therapy that can defuse the distressing memories of trauma and reduce the occurrence of flashbacks, nightmares, and tensions. Trauma is a term that many might find alienating and clinical; however, it's something most people encounter at some point in their life, and post-traumatic stress, far from being a mental disorder, is a normal reaction to abnormal events: even breaking a bone or witnessing a car crash. Showing how to overcome PTSD as well as presenting key strategies to help prevent it in the first place, this guide is full of real-life case studies and is essential reading for trauma sufferers, their family and friends, and specialists alike.

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