



## Invisible Heroes: Survivors of Trauma and How They Heal

By Belleruth Naparstek

Bantam. Paperback. Book Condition: New. Paperback. 400 pages. Dimensions: 8.9in. x 6.0in. x 1.0in. If you or someone you love has suffered a traumatic event, you know the devastating impact it can have on your life and your spirit. Life-threatening accidents, illnesses, assaults, abusive relationships or a tragedy like 9/11 can leave deep emotional wounds that persist long after physical scars have healed. Survivors become invisible heroes, courageously struggling to lead normal lives in spite of symptoms so baffling and disturbing that they sometimes doubt their own sanity. Now there is new hope for the millions affected by posttraumatic stress disorder (PTSD). Drawing on more than thirty years experience as a therapist and on the most recent cutting-edge research, Belleruth Naparstek presents a clinically proven program for recovery using the potent tool of guided imagery. She reveals how guided imagery goes straight to the right side of the brain, where it impacts the nonverbal wiring of the nervous system itself, the key to alleviating suffering. Filled with the voices of real trauma survivors and therapists whose lives and work have been changed by this approach, Invisible Heroes offers: New understanding of the physical, cognitive, emotional, and behavioral effects of PTSD, who is...



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