



## The What and How of Ptsd: Understanding and Moving Beyond (Paperback)

By Céline Paris

Friesenpress, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. What is happening to me? Nothing feels the same. Why me? I used to be in control of my emotions and my life. I want it back. Post-Traumatic Stress Disorder (PTSD) can happen to anyone, including the strongest and the bravest. It makes you feel like you are losing control of your mind. Trauma is daunting. PTSD is daunting. Understanding PTSD is not daunting, or at least it doesn't have to be. In flipping through the pages of this book, you will find that it is not intimidating. The What and How of PTSD strives to answer questions that arise when one faces this mysterious disorder, summarizing scientific research and clinically helpful theories using clear language, metaphors and pictures. It breaks down what happens in the brain after trauma. Those who battle PTSD can see how their minds got stuck in the past like a record that keeps skipping, and at the same time, how they can break the cycle and move on.



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