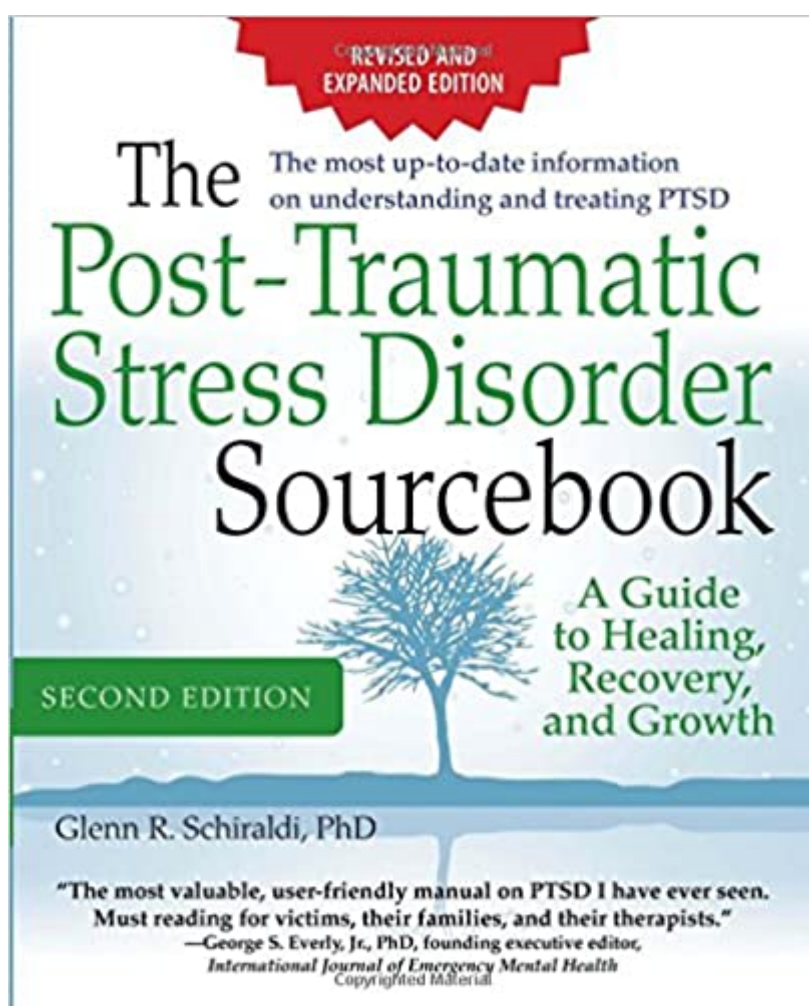


The book was found

The Post-Traumatic Stress Disorder Sourcebook, Revised And Expanded Second Edition: A Guide To Healing, Recovery, And Growth (NTC Self-Help)





Synopsis

How millions of PTSD sufferers learned to live without fear, pain, depression, and self-doubt The Post-Traumatic Stress Disorder Sourcebook, A Revised and Expanded Second Edition introduces survivors, loved ones, and helpers to the remarkable range of treatment alternatives and self-management techniques available today to break through the pain and realize recovery and growth. This updated edition incorporates all-new diagnostics from the DSM-5 and covers the latest treatment techniques and research findings surrounding the optimization of brain health and function, sleep disturbance, new USDA dietary guidelines and the importance of antioxidants, early childhood trauma, treating PTSD and alcoholism, the relationship between PTSD and brain injury, suicide and PTSD, somatic complaints associated with PTSD, and more.

Book Information

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Customer Reviews

Glenn R. Schiraldi, PhD, Lt. Col. (USAR, Ret.), has served on the stress management faculties at the Pentagon, the International Critical Incident Stress Foundation, and the University of Maryland, where he received the Outstanding Teaching Award and other teaching and service awards. His books on stress-related topics have been translated into fifteen foreign languages and include: The Resilience Workbook: The Self-Esteem Workbook; Ten Simple Solutions for Building Self-Esteem; The Post-Traumatic Stress Disorder Sourcebook; The Anger Management Sourcebook; and World War II Survivors: Lessons in Resilience. Glenn's writing has been recognized by various scholarly and popular sources, including The Washington Post, American

Journal of Health Promotion, Mind/Body Health Review, and theÂ International Stress and Tension Control Society Newsletter. He has trained laypersons and clinicians around the world on various aspects of resilience and trauma, with the goal of optimizing mental health and performance while preventing and promoting recovery from stress-related conditions. His skills-based mind/body courses at the University of Maryland have been found to improve resilience, self-esteem, optimism, happiness, and curiosity, and reduce depression, anxiety, and anger.Â He has served on the editorial board ofÂ The International Journal of Emergency Mental Health and Human Resilience, and the board of directors of the Depression and Related Affective Disorders Association.

EXCELLENT understandable book for those who suffer from PTSD and those who love them.

I love this book, it gave me a better understanding of what PTSD is and how it effects others both with and without the illness. Thank you for this book, do you have more like it? Cause I'd be interested in reading them. Same Author though because i like the writing style of this Author. I recommend this book to anyone. Great read.

This book is fantastic. It has helped me work through several issues and helped me help others. It is an easy read - no psycho-jargon.

Keep up the good work

Good resource

good info

Wonderful book for those who have been recently diagnosed with PTSD.

Great resource for professional as well as personal use. Up-to-date and relevant.

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