



PTSD: The Ultimate Guide to Posttraumatic Stress Disorder - Everything You Need to Know About PTSD

Charles Carson

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The Ultimate Guide to Posttraumatic Stress Disorder - Everything You Need to Know about PTSD

Posttraumatic Stress Disorder is a mental health problem that can really take over your entire life. It is a condition that must be addressed immediately before it ruins every aspect of your life. What you are going through is not easy; nevertheless, that does not mean that you are hopeless. This book aims at helping you see and appreciate that hope.

“The Ultimate Guide to Posttraumatic Stress Disorder” contains proven steps and strategies on how you can help yourself better cope with PTSD. This book also recognizes the significant roles your family members play in your healing process; hence, enumerated in here are the ways on how they could help you.

Presented in this book are the things that you need to know about PTSD. Knowledge is indeed power. By having a full understanding of your condition, you are equipping yourself with better coping strategies, facts and informed decisions in life.

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Elaine Harvey:

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