

Treating Your Unrecognized Post Traumatic Stress Disorder



Real Love and Post-Childhood Stress Disorder: Treating Your Unrecognized Post-Traumatic Stress Disorder by Greg Baer

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1245 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 388 pages
Lending	: Enabled



Are you struggling with unrecognized post traumatic stress disorder? Free Download?

If you've experienced a traumatic event, you may be suffering from post traumatic stress disorder (PTSD). PTSD is a mental health condition that can develop after exposure to a traumatic event, such as a natural disaster, a car accident, or a violent crime. Symptoms of PTSD can include:

- Intrusive memories of the traumatic event
- Nightmares
- Avoidance of reminders of the traumatic event

- Feeling on edge or irritable
- Difficulty sleeping
- Difficulty concentrating
- Feeling numb or detached

If you're experiencing any of these symptoms, it's important to seek professional help. PTSD is a treatable condition, and there are a number of effective treatments available.

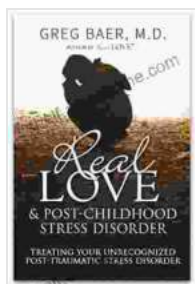
This book can help

This book is a comprehensive guide to treating unrecognized PTSD. It provides information on the causes and symptoms of PTSD, as well as a variety of treatment options. The book also includes self-help exercises and coping mechanisms that can help you manage your symptoms.

If you're struggling with unrecognized PTSD, this book can help you get your life back on track. It provides the information and tools you need to understand your condition and heal from your trauma.

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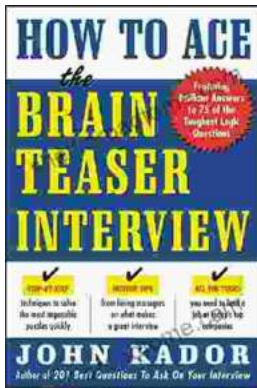
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