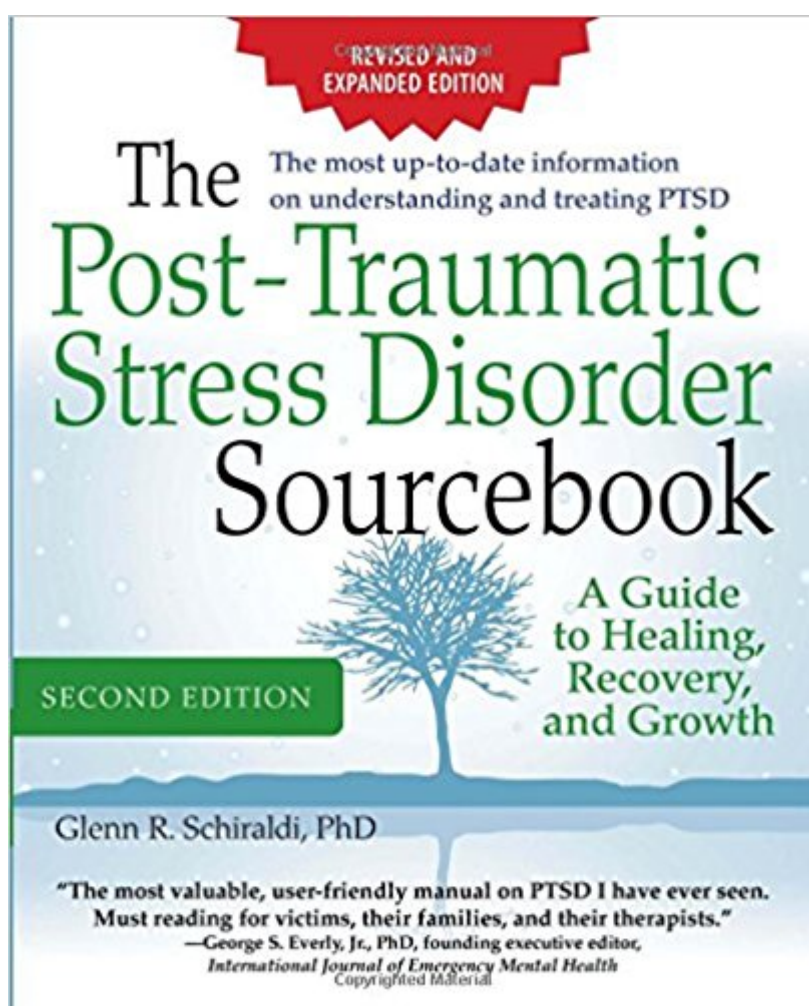


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# The Post-Traumatic Stress Disorder Sourcebook, Revised And Expanded Second Edition: A Guide To Healing, Recovery, And Growth (NTC Self-Help)





## 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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Anger Management #131 in A Books > Health, Fitness & Dieting > Mental Health >

Post-traumatic Stress Disorder #142 in A Books > Health, Fitness & Dieting > Mental Health >

Depression

## Customer Reviews

Glenn R. Schiraldi, PhD, Lt. Col. (USAR, Ret.), A 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 A and include: A The Resilience Workbook: The Self-Esteem Workbook; A Ten Simple Solutions for Building Self-Esteem; The Post-Traumatic Stress Disorder Sourcebook; A The Anger Management Sourcebook; A and A 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 the *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. He has served on the editorial board of *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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The Post-Traumatic Stress Disorder Sourcebook, Revised and Expanded Second Edition: A Guide to Healing, Recovery, and Growth (NTC Self-Help) Self Help: How To Live In The Present Moment

(Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Oxygen Revolution: Hyperbaric Oxygen Therapy: The New Treatment for Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury, Stroke, Autism and More War and the Soul: Healing Our Nation's Veterans from Post-Traumatic Stress Disorder PTSD Post Traumatic Stress Disorder & CBD Oil :: Understanding the Benefits of Cannabis and Medical Marijuana: The Natural, Effective, Modern Day Treatment to Relieve PTSD Symptoms and Pain Ptsd, Post-Traumatic Stress Disorder (Mental Illnesses and Disorders: Awareness and Understanding) Veterans's PTSD Handbook: How to File and Collect on Claims for Post-Traumatic Stress Disorder The Post Traumatic Stress Disorder Relationship: How to Support Your Partner and Keep Your Relationship Healthy Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome Soft Spots: A Marine's Memoir of Combat and Post-Traumatic Stress Disorder No Comfort Zone: Notes on Living with Post Traumatic Stress Disorder The Evil Hours: A Biography of Post-Traumatic Stress Disorder Understanding Post-Traumatic Stress Disorder (Focus on Family Matters) Emotional Vampires: Dealing with People Who Drain You Dry, Revised and Expanded 2nd Edition (NTC Self-Help) Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder (NTC Self-Help) Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life (NTC Self-Help) Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too (NTC Self-Help)

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