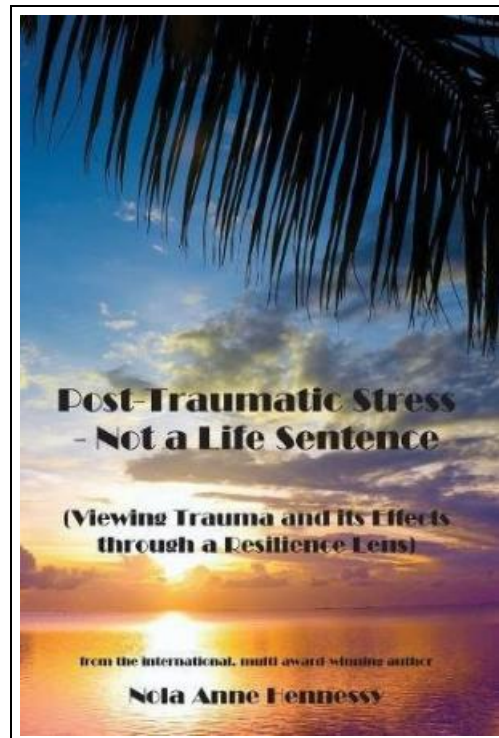


## Post-Traumatic Stress - Not a Life Sentence: (Viewing Trauma and Its Effects Through a Resilience Lens) (Paperback)



Filesize: 8.74 MB



### **Reviews**

*A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. You may like just how the article writer compose this ebook.*  
*(Prof. Elliott Dickinson)*

## POST-TRAUMATIC STRESS - NOT A LIFE SENTENCE: (VIEWING TRAUMA AND ITS EFFECTS THROUGH A RESILIENCE LENS) (PAPERBACK)



Serenidad Consulting Pty Ltd, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Written to help, empower and inspire trauma survivors to take control of their health and well-being outcomes and focus on achieving a fully healed state, Post-Traumatic Stress - Not a Life Sentence brings the author's knowledge and wisdom gained over more than 50 years since her first traumatic event, reinforced by the resilience lessons she's learned and applied. The human impact of traumatic events, the importance of effective rehabilitation and self-control, and the need for addressing post-trauma symptoms in injury and prevention terms are all brought to the reader's attention. Post-Traumatic Stress - Not a Life Sentence advocates for trauma survivors to move away from viewing trauma recovery through a mental health lens. Instead, when trauma recovery is viewed through a resilience lens, where human physiology and the body's innate ability to heal itself is fully acknowledged, this encourages not only recovery and healing after trauma but a greater level of awareness and Self-Intelligence. The reader is provided powerful information written specifically to engender a spirit of endurance and commitment, and also enable them to reflect and apply their own context when making decisions about their post-trauma path. Where this book reinforces that complete healing from post-trauma or post-traumatic stress symptoms can be achieved, especially through choosing a path of recovery, repair, resilience and empowerment, it also reinforces that a change in thinking to the positive, and visualizing a best-case result, automatically empowers those who've endured trauma to realize more positive outcomes than they may have previously seen as possible. About the Author: Nola Anne Hennessy is a successful and insightful multi-award-winning, international business woman and author, and a qualified former rehabilitation specialist. Nola is also the...

-  [Read Post-Traumatic Stress - Not a Life Sentence: \(Viewing Trauma and Its Effects Through a Resilience Lens\) \(Paperback\) Online](#)
-  [Download PDF Post-Traumatic Stress - Not a Life Sentence: \(Viewing Trauma and Its Effects Through a Resilience Lens\) \(Paperback\)](#)

## Other eBooks



### **A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half**

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to...

[Read Book »](#)



### **Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Read Book »](#)



### **Pig Out All Aboard Picture Reader**

Grosset & Dunlap. Paperback. Book Condition: New. Heidi Petach (illustrator). Paperback. 32 pages. Dimensions: 8.7in. x 5.8in. x 0.2in.True to their porcine nature, a family of pigs overloads on pizza in a silly, super-easy story...

[Read Book »](#)



### **YJ] New primary school language learning counseling language book of knowledge [Genuine Specials(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2011-03-01 Pages: 752 Publisher: Jilin University Shop Books All the new...

[Read Book »](#)



### **Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Read Book »](#)