



## Defeating Ptsd Epidemics (Paperback)

By Dr Hasan Yahya

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Internet communication makes people have no time to long Articles or Novels. In this mental voyage Series, the author invites you for a short mental meal to enjoy knowledge on various topics. As the title shows, short essays to suit modern day internet and time in the 21st century. The writer in this book describes thirty rules to defeat the PTSD, including stress and anger. Some of these rules are: 1.Keep your anger under contro, and remember that anger will destroy your all good qualities. Therefore, after a long breath, talk slowly and in low voice. 2.Do not make sides in situations arise. You have to accept both situations as a normal part of life. 3.Simplicity is great, makes other people invite you to their circles quickly and easily. Be simple in your life. Do not feel superiority over others. Every human is NOT perfect, so you. 4.Don t blame yourself, or punish it. But reward it. 5.The Money factor cannot be always the important factor for happiness. If you earn it, use it carefully, money comes, money goes, so...



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