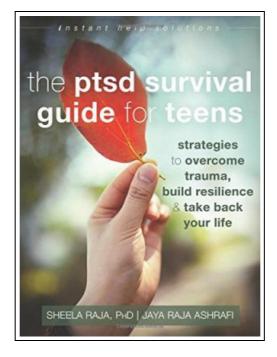
# The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience, and Take Back Your Life (Paperback)



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# Reviews

This book might be worth a read, and superior to other. Of course, it really is engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Valentin Hane MD)

# THE PTSD SURVIVAL GUIDE FOR TEENS: STRATEGIES TO OVERCOME TRAUMA, BUILD RESILIENCE, AND TAKE BACK YOUR LIFE (PAPERBACK)



New Harbinger Publications, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Your trauma doesn t need to define you. In The PTSD Survival Guide for Teens, trauma specialist Sheela Raja-along with her teen daughter Jaya Ashrafi-offers evidence-based skills to help you find strength, confidence, and resilience in the aftermath of trauma. If you ve experienced trauma or suffer from post-traumatic stress disorder (PTSD), the world can seem like a very frightening place. You may even question your own deeply held beliefs, as well as the motives of others. It s important for you to know that you aren t alone, and there isn t anything wrong with you. Many teens have suffered traumatic events, and there are solid skills you can learn that will help you recover. So, how can you begin healing and start building the life you were always meant to lead? In this compassionate guide, you Il find skills based in cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) to help you tackle anxiety and harmful avoidance behaviors; manage negative emotions; cope with flashbacks and nightmares; and develop trusting, healthy relationship -even if your trust in others has been shaken to the core. You Il also learn more about the diagnosis and symptoms of PTSD and understand what kind of help is available to you. Whether you ve been diagnosed with PTSD or are simply living with the aftereffects of a traumatic event, you shouldn t have to suffer alone. This book will help you to find strength within so you can move forward.

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