



Post-Traumatic Stress Disorder For Dummies

Mark Goulston MD

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As Dr. Mark Goulston tells his patients who suffer from post-traumatic stress disorder (PTSD), "The fact that you're still afraid doesn't mean you're in any danger. It just takes the will and the way for your heart and soul to accept what the logical part of your mind already knows." In *Post-Traumatic Stress Disorder For Dummies*, Dr. Goulston helps you find the will and shows you the way.

A traumatic event can turn your world upside down, but there is a path out of PTSD. This reassuring guide presents the latest on effective treatments that help you combat fear, stop stress in its tracks, and bring joy back into your life. You'll learn how to:

- Identify PTSD symptoms and get a diagnosis
- Understand PTSD and the nature of trauma
- Develop a PTSD treatment plan
- Choose the ideal therapist for you
- Decide whether cognitive behavior therapy is right for you
- Weight the pros and cons of PTSD medications
- Cope with flashbacks, nightmares, and disruptive thoughts
- Maximize your healing
- Manage your recovery, both during and after treatment
- Help a partner, child or other loved one triumph over PTSD
- Know when you're getting better
- Get your life back on track

Whether you're a trauma survivor with PTSD or the caregiver of a PTSD sufferer, *Post-Traumatic Stress Disorder For Dummies*, gives you the tools you need to win the battle against this disabling condition.

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Jodi Saldana:

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Andre Roop:

Reading a book tends to be new life style in this particular era globalization. With studying you can get a lot of information that may give you benefit in your life. Together with book everyone in this world could share their idea. Publications can also inspire a lot of people. A great deal of author can inspire all their reader with their story or their experience. Not only the storyplot that share in the publications. But also they write about the knowledge about something that you need example of this. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors these days always try to improve their proficiency in writing, they also doing some exploration before they write to their book. One of them is this Post-Traumatic Stress Disorder For Dummies.

James Shafer:

A lot of people always spent their free time to vacation or maybe go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you need to try to find a new activity here is look different you can read the book. It is really fun in your case. If you enjoy the book that you simply read you can spent 24 hours a day to reading a book. The book Post-Traumatic Stress Disorder For Dummies it is very good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the particular e-book. You can m0ore quickly to read this book from the smart phone. The price is not to cover but this book features high quality.

Mary Kerr:

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