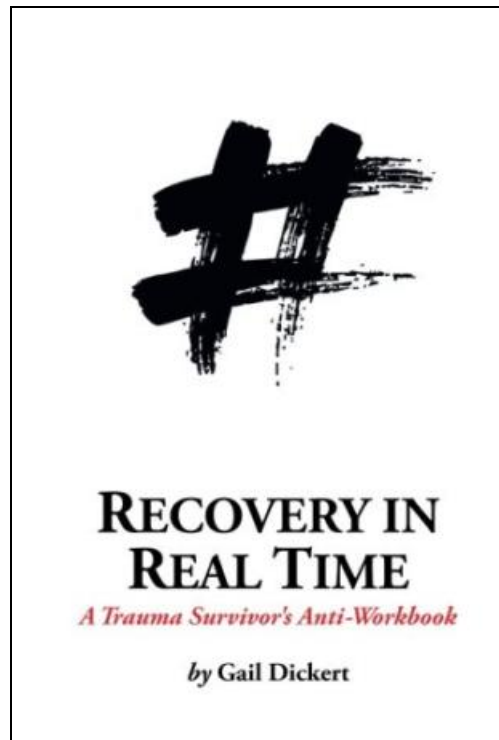


Recovery in Real Time: A Trauma Survivor's Anti-Workbook (Paperback)



Filesize: 3.91 MB

Reviews

Just no phrases to describe. It typically does not price an excessive amount of. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Felton Hessel)

RECOVERY IN REAL TIME: A TRAUMA SURVIVOR S ANTI-WORKBOOK (PAPERBACK)



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Publishing for a Change, LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Survivors of trauma are gaining increasing coverage in the media. Because of pop culture cautionary tales like the Duggar Family, coupled with a call to action from celebrity icons like Lady Gaga, millennials are moving away from the standardized textbooks for trauma recovery. Survivors crave social media support and are inspired by self-help-driven tweets. #RECOVERY IN REAL TIME: A Trauma Survivor s Anti-Workbook, provides a modernized guidebook for trauma survivors and their loved ones in 125 hashtags. #RECOVERY IN REAL TIME is a concise and user-guided walk through the trauma survivor s recovery experience. With survivor-focused hashtags like #DenialIsContagious, #ReasonCanFail, #LyingIsSurvival, #TherapyIsTerrifying, #WeAreNotNormal, and #MediaDistortsTrauma. Gail s anti-workbook provides survivors and their loved ones with relevant and poignant highlights of the cycle of recovery which includes major stages such as Denial, Anger, Bargaining, Depression, and Acceptance. #RECOVERY IN REAL TIME is a non-fiction self-help book with an anti-workbook length and approach that appeals directly to people who desperately need a real time version of Ellen Bass /Laura Davis The Courage to Heal. This condensed guide meets survivors need for digestible yet realistic snapshots of the recovery process.



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