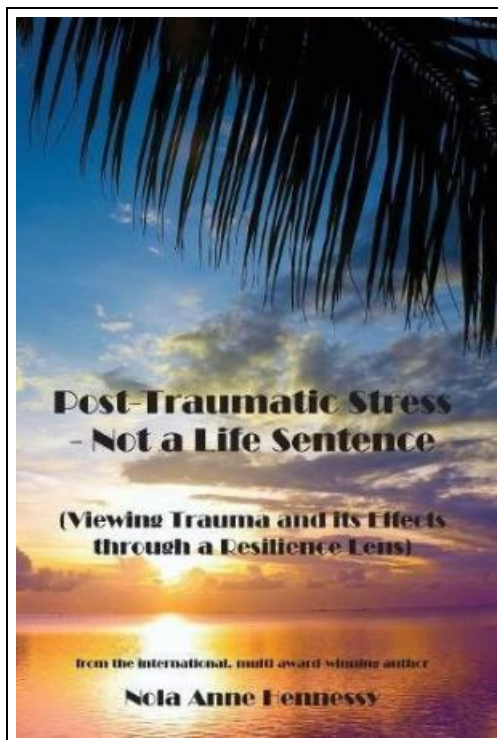


Post-Traumatic Stress - Not a Life Sentence: (Viewing Trauma and Its Effects Through a Resilience Lens) (Paperback)



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(Dr. Florian Runte)

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



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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...

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