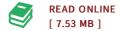




# Ptsd Self Help - Transforming Survival Into a Life Worth Living

### By A E Huppert

Friesenpress, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Post Traumatic Stress Disorder doesn t have to be a lifetime sentence . . . mere survival is optional. Have you: Lost someone you know to suicide, war, or natural disaster? Experienced something you just can t get over ? Tried counseling, talk therapy or support groups without success? Need help: Explaining PTSD to others? Getting your spouse/family on board? Understanding what s happening why? For the first time, A.E. Huppert, cofounder of 343 Soulutions, reveals details about why she struggled for 30 years as a PTSD survivor, the three years it took to find freedom, and what it s like to savor living 100 symptom free for almost nine years. She s helped hundreds of people discover their passion and change their lives through her life coaching business. Today, she brings it all together to help you find a personal pathway to healing PTSD. Now, it s your turn. Is it possible to walk away from PTSD forever? The answer just might surprise you. PTSD Self Help: Transforming Survival into a Life Worth Living is an entirely...



#### Reviews

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