



## 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, co-founder of 343 Solutions, 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...



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