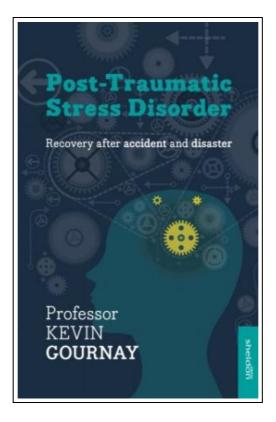
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SPCK Publishing, United Kingdom, 2015. Paperback. Condition: New. Language: English. Brand New Book. A traumatic event can turn your world upside down - but there is a way out. Once thought to be a rare condition, PTSD is a natural reaction to disaster and trauma in our lives. In addition, up to 25 of people have significant related problems such as anxiety, depression, or substance abuse. Symptoms include flashbacks, emotional numbness, acute anxiety, and physical reactions such as increased heart rate and nausea. This book takes a wide-ranging look at the nature of PTSD after distressing experiences such as war, sexual abuse or rape, natural and man-made disasters, car accidents, or the death of a loved one. Topics include: Whom it affects Symptoms - emotional and physical Cognitive behavioural therapy (CBT) exposure treatment EMDR (Eye movement de-sensitisation) Group therapy Medication Self-help measures.



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