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Understanding Trauma: How to Overcome Post-traumatic Stress

By Roger Baker

Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, Understanding Trauma: How to Overcome Post-traumatic Stress, Roger Baker, What is post-traumatic stress disorder? What does it feel like? And how can it be overcome? Trauma is a term that many of us find alienating and clinical. But in fact trauma is something most people encounter at some point in life, and post-traumatic stress - far from being a mental disorder - is a normal reaction to abnormal events: even breaking a bone or witnessing a car crash. Drawing on 20 years of research and clinical practice, Roger Baker explains the many symptoms of post-traumatic stress and lays out a self help programme - emotional processing therapy - which can defuse the distressing memories of trauma and reduce the occurrence of flashbacks, nightmares and tensions. Dr Baker also advises strategies to prevent post-traumatic stress in the first place. Full of real-life case studies, this is essential reading for trauma sufferers, their family and friends, and specialists alike.

Reviews

Undoubtedly, this is actually the greatest job by any author. This can be for those who statte there was not a worthy of studying. I am delighted to inform you that this is actually the greatest publication i actually have read within my very own daily life and could be he greatest book for ever.

-- **Perry Reinger**

Extremely helpful for all class of folks. I really could comprehended almost everything using this written e publication. You will not feel monotony at at any time of the time (that's what catalogs are for about in the event you check with me).

-- **Prof. Melyna Dooley V**