



## REBOOT! Confronting PTSD on Your Terms: A Workbook (Paperback)

By David W. Powell

Loving Healing Press, United States, 2011. Paperback. Book Condition: New. 241 x 180 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are You Ready to Reboot Your PTSD? Reboot! Confronting PTSD on Your Terms offers a well-structured method for getting a grip on Post-Traumatic Stress Disorder (PTSD) and starting to turn it around. Detailed inventories provide the opportunity to explore needs, both physical and emotional, both needs that are met and those that are unmet. Powell recommends doing one's own work with these inventories to maximize the effectiveness of therapy. He covers a brief overview of many trauma treatments, including the one he chose. If you're a trauma survivor, Reboot! will help you: Build self-reliance Take inventory of your condition Learn about rebuilding mental health from the foundation up Examine a range of treatment options See PTSD as a manageable condition Chart your progress David Powell says: Don't be fooled by what you hear. PTSD is not a medical condition. And, with the right therapeutic approach, it is completely reversible! Acclaim for REBOOT! David Powell offers a simple but effective workbook for traumatized veterans and others suffering the effects of traumatic events to take...



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