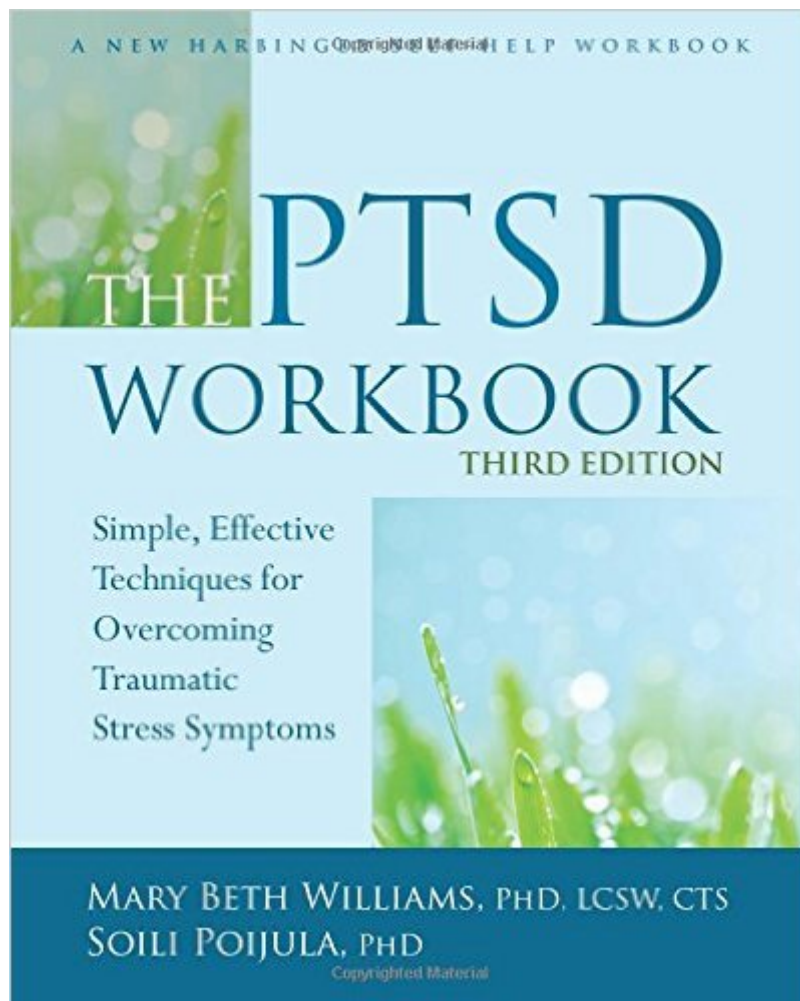


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# The PTSD Workbook: Simple, Effective Techniques For Overcoming Traumatic Stress Symptoms



## Synopsis

In the third edition of *The PTSD Workbook*, psychologists and trauma experts Mary Beth Williams and Soili Poijula offer readers the most effective tools available for overcoming post-traumatic stress disorder (PTSD). PTSD is an extremely debilitating condition that can occur after exposure to a terrifying event. But whether you're a veteran of war, a victim of domestic violence or sexual violence, or have been involved in a natural disaster, crime, car accident, or accident in the workplace, your symptoms may be getting in the way of you living your life. PTSD can often cause you to relive your traumatic experience in the form of flashbacks, memories, nightmares, and frightening thoughts. This is especially true when you are exposed to events or objects that remind you of your trauma. Left untreated, PTSD can lead to emotional numbness, insomnia, addiction, anxiety, depression, and even suicide. So, how can you start to heal and get your life back? In *The PTSD Workbook, Third Edition*, psychologists and trauma experts Mary Beth Williams and Soili Poijula outline techniques and interventions used by PTSD experts from around the world to conquer distressing trauma-related symptoms. In this fully revised and updated workbook, you'll learn how to move past the trauma you've experienced and manage symptoms such as insomnia, anxiety, and flashbacks. Based in cognitive behavioral therapy (CBT), this book is extremely accessible and easy to use, offering evidence-based therapy at a low cost. This new edition features chapters focusing on veterans with PTSD, the link between cortisol and adrenaline and its role in PTSD and overall mental health, and the mind-body component of PTSD. Clinicians will also find important updates reflecting the new DSM-V definition of PTSD. This book is designed to give you the emotional resilience you need to get your life back together after a traumatic event.

## Book Information

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## Customer Reviews

If you're doing this one on your own, make sure you have somebody who's a good support and maybe can even take things over for you for a few days. The exercises take time, and they bring up things you thought or hoped you'd forgotten. Best way I can describe it is I'm back at work, my home life has dramatically improved, and I've faced down a lot of demons while working through this book. It's not an adult coloring book or some new age woo-woo. It makes you look straight at what happened to you, how it affected you in the past and is affecting you now, and how you can start doing the hard work to make your life better. Plan to spend at least a couple months on it, especially if you're trying to work or take care of a family while doing it. And be aware it will trigger whatever you've been fighting if you do the exercises honestly. It's like I've been running down dark tunnels with dead ends, and the only way to straighten my life out was to go back to the beginning and work my way through. This book helped.

I have the second edition, and I bought this one for a friend. I know she loves it, but can't speak on the details personally.

bought for a friend, he likes it

I initially got this for a trauma class and it is very straightforward and practical. Highly recommended for any future clinician.

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