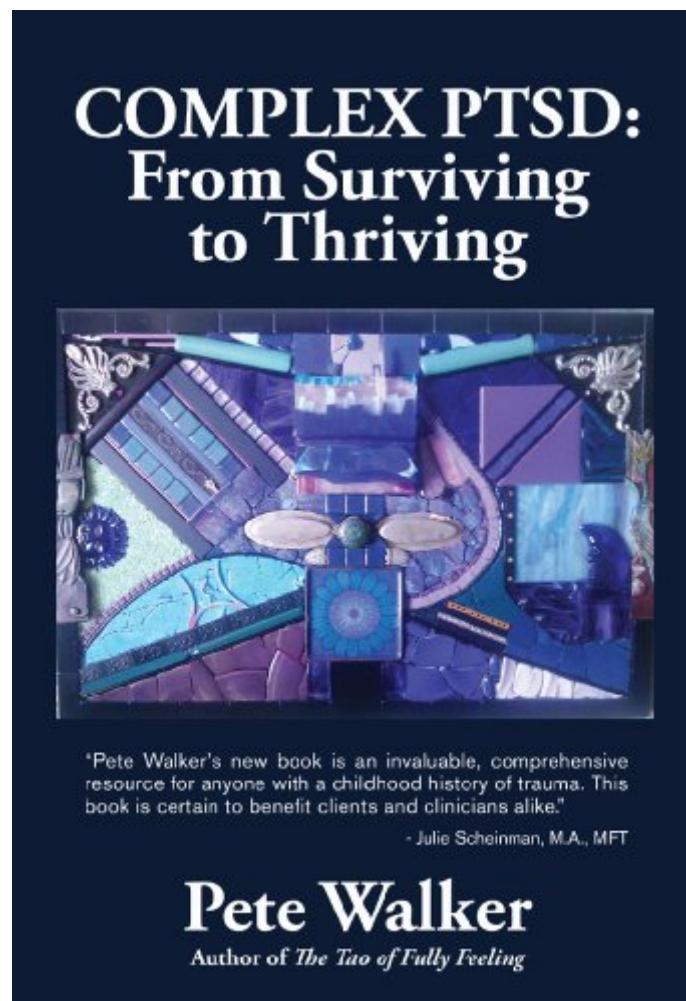


The book was found

Complex PTSD: From Surviving To Thriving: A GUIDE AND MAP FOR RECOVERING FROM CHILDHOOD TRAUMA



Synopsis

I have Complex PTSD [Cptsd] and wrote this book from the perspective of someone who has experienced a great reduction of symptoms over the years. I also wrote it from the viewpoint of someone who has discovered many silver linings in the long, windy, bumpy road of recovering from Cptsd. I felt encouraged to write this book because of thousands of e-mail responses to the articles on my website that repeatedly expressed gratitude for the helpfulness of my work. An often echoed comment sounded like this: At last someone gets it. I can see now that I am not bad, defective or crazyâ or alone! The causes of Cptsd range from severe neglect to monstrous abuse. Many survivors grow up in houses that are not homes â in families that are as loveless as orphanages and sometimes as dangerous. If you felt unwanted, unliked, rejected, hated and/or despised for a lengthy portion of your childhood, trauma may be deeply engrained in your mind, soul and body. This book is a practical, user-friendly self-help guide to recovering from the lingering effects of childhood trauma, and to achieving a rich and fulfilling life. It is copiously illustrated with examples of my own and my clientsâ™ journeys of recovering. This book is also for those who do not have Cptsd but want to understand and help a loved one who does. This book also contains an overview of the tasks of recovering and a great many practical tools and techniques for recovering from childhood trauma. It extensively elaborates on all the recovery concepts explained on my website, and many more. However, unlike the articles on my website, it is oriented toward the layperson. As such, much of the psychological jargon and dense concentration of concepts in the website articles has been replaced with expanded and easier to follow explanations. Moreover, many principles that were only sketched out in the articles are explained in much greater detail. A great deal of new material is also explored. Key concepts of the book include managing emotional flashbacks, understanding the four different types of trauma survivors, differentiating the outer critic from the inner critic, healing the abandonment depression that come from emotional abandonment and self-abandonment, self-reparenting and reparenting by committee, and deconstructing the hierarchy of self-injuring responses that childhood trauma forces survivors to adopt. The book also functions as a map to help you understand the somewhat linear progression of recovery, to help you identify what you have already accomplished, and to help you figure out what is best to work on and prioritize now. This in turn also serves to help you identify the signs of your recovery and to develop reasonable expectations about the rate of your recovery. I hope this map will guide you to heal in a way that helps you to become an unflinching source of kindness and self-compassion for yourself, and that out of that journey you will find at least one other human being who will reciprocally love you well enough in that way.

Book Information

File Size: 3672 KB

Print Length: 376 pages

Simultaneous Device Usage: Unlimited

Publisher: Azure Coyote Publishing (December 18, 2013)

Publication Date: December 18, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00HJBMDXK

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #8,705 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #139 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help #197 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting

Customer Reviews

This book is brilliant, insightful, enlightening, compassionate, validating, nurturing, and very healing. Pete Walker's COMPLEX PTSD, from Surviving to Thriving, is the BEST, by far, of the countless books I have read on the subject of trauma, since my own PTSD was (finally) correctly diagnosed in 2003. I told my daughter, who was recently accepted into a Master's program to fulfill her dream of becoming a therapist, that Pete Walker's COMPLEX PTSD is my new self-help "bible." I plan to buy several as gifts. The first one will go to my awesome daughter. Not only has the existence of Complex PTSD been ignorantly denied by many in the psychiatric professions, those of us who suffer with this grievous psychological injury are often misdiagnosed with a wide range of stigmatizing mental illnesses, as Pete Walker discusses in the first chapter of this book. Throughout more than four decades of desperately seeking therapeutic help, I have been given a long list of various psychiatric labels. My childhood trauma and subsequent dissociation was so severe that my initial label, at the age of 14, was schizophrenia. I was given that diagnosis in 1967, more than a decade before Post-Traumatic Stress Disorder was an official psychiatric label. Numerous doctors

and therapists have told me over the years that I was badly misdiagnosed, because I am not at all schizophrenic. Of course I wanted to believe them, because who likes to think that they were ever psychotic? However, through my research in preparation of writing a memoir about my experience, I have come to the conclusion that I was, indeed, schizophrenic for two of my teenage years.

[Download to continue reading...](#)

Complex PTSD: From Surviving to Thriving: A GUIDE AND MAP FOR RECOVERING FROM CHILDHOOD TRAUMA 7 More Psychological Complexes That You Didn't Know Existed: Cinderella Complex, Superman Complex, Napoleon Complex, Messiah Complex, Phaedra Complex, ... Complex (Transcend Mediocrity Book 125) Complex PTSD and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety and Depression in Adults (Transcend Mediocrity, Book 126) Mental Illness: PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help Mental Illness Dysfunctional Relationships) The Woman I Love: Surviving, Healing and Thriving After a Childhood of Sexual, Emotional and Physical Abuse Alice In Wonderland Syndrome: Experiencing Complex PTSD, Trauma, Anxiety, Depersonalization, Derealization, and Migraines (Transcend Mediocrity Book 101) Pop-Up NYC Map by VanDam - City Street Map of New York City, New York - Laminated folding pocket size city travel and subway map, 2016 Edition (Pop-Up Map) Streetwise Budapest Map - Laminated City Center Street Map of Budapest, Hungary - Folding pocket size travel map with metro map Cleveland's Swimming Lessons for Baby Sharks: The Essential Guide to Thriving as a New Lawyer: The Essential Guide to Thriving as a New Lawyer (Career Guides) Streetwise Chicago CTA & Metra Map - Laminated Chicago Metro Map - Folding pocket size map for travel World Executive Poster Sized Wall Map (Tubed World Map) (National Geographic Reference Map) Streetwise Barcelona Metro Map - Laminated Metro Map of Barcelona Spain - Folding pocket size subway map for travel Rebuilding Shattered Lives: Treating Complex PTSD and Dissociative Disorders Everything You Need to Know to Manage Type 2 Diabetes: Simple Steps for Surviving and Thriving with the Low GI Plan (New Glucose Revolution) From My Mother: Surviving and Thriving in a Family Ravaged by Genetic Disease How to Live on Mars: A Trusty Guidebook to Surviving and Thriving on the Red Planet Confident Pluralism: Surviving and Thriving through Deep Difference Chicken Soup for the Soul: Empty Nesters: 101 Stories about Surviving and Thriving When the Kids Leave Home Multiple Blessings: Surviving to Thriving with Twins and Sextuplets Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed

[Dmca](#)