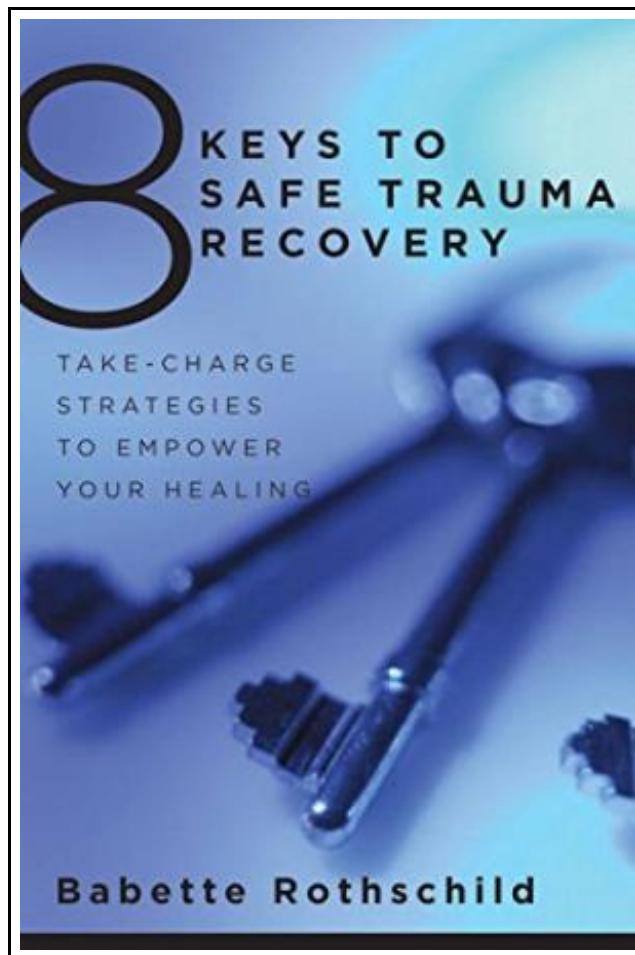


8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing



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Reviews

It is a single of my personal favorite pdf. It really is written in basic words instead of hard to understand. Your daily life period will be transform as soon as you complete looking over this pdf. (Vena Sauer DDS)

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WW Norton & Co. Paperback. Book Condition: new. BRAND NEW, 8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing, Babette Rothschild, Trauma recovery is tricky; however, there are several key principles that can help make the process safe and effective. This book gives self help readers, therapy clients, and therapists alike the skills to understand and implement eight keys to successful trauma healing: mindful identification of what is helpful, recognizing survival, having the option to not remember, creating a supportive inner dialogue, forgiving not being able to stop the trauma, understanding and sharing shame, finding your own recovery pace; mobilizing your body, and helping others. This is not another book promoting a new method or type of treatment; rather, it is a necessary adjunct to self-help and professional recovery programs. After reading this book, readers will be able to recognize their own individual needs and evaluate whether those needs are being met. They will have the tools necessary to put themselves in the drivers seat, navigating their own safe road to recovery.

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