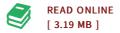




The PTSD Breakthrough: The Revolutionary, Science-Based Compass Reset Program

By Frank Lawlis Dr.

Sourcebooks. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.2in. x 5.1in. x 0.8in.Praise for The PTSD BreakthroughDr. Lawlis has done it again! His latest book offers new hope for PTSD sufferers and their families with approaches that can be used at home where the real problems occur and persist. There is a great deal of insight, strategy, and inspiration for anyone who is dealing with these horrific challenges toward the satisfied life they deserve. A must-read for every member of a family touched by PTSD. Dr. Phil McGrawDr. Frank Lawlis, one of the most gifted and prolific contributors in modern psychology, delivers in The PTSD Breakthrough a highly readable, scientifically grounded, balanced approach to PTSD, zeroing in on the damaging effects of trauma to the brain psyche, and spirit. John Chibran, PhD, ThD, Harvard Medical School, and the author of Whats Love Got to Do with It: Talking with Your Kids About SexAs a nurse educator, coach, author, and consultant, Dr. Frank Lawliss timely book on PTSD truly addresses the deep-rooted problem beneath the symptoms and syndrome. His innovative and practical guidelines allow the individual to once again achieve high-level wellness with new penetrating insights and compassion for self...



Reviews

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This is the very best publication i actually have read until now. It really is packed with knowledge and wisdom I am happy to let you know that this is the very best publication i actually have read in my very own existence and could be he greatest pdf for ever. -- Dr. Nelda Schuppe