



Rebuilding Life After Trauma

By Tonya L. Whiteside

Xulon Press. Paperback. Condition: New. 94 pages. Dimensions: 8.9in. x 5.9in. x 0.2in. What would you do if you had just become the victim and witness to a murder-suicide? How are you going to process standing between two friends, seeing one friend murder the other? Do you scream? Do you run? The journey from sorry to a sunny day can be long and emotional. In this life-changing book, Tonya L. Whiteside, founder of The Whiteside Group and award-winning author of her bestselling book, *Change the Atmosphere with Encouraging Words*, tells the eye-witness account of the murder of her longtime friend, Stacey Bryant. Sadly, Stacey was tragically murdered by her husband and high school sweetheart, Eddie. In this book, *Rebuilding Life after Trauma*, Tonya shares of her battles with Post-Traumatic Stress Disorder, depression, and other struggles due to the effects of what she witnessed. Tonya shares that even on her emotional road upward to recovery, you can rebuild your life and that you may already have in your possession useful components. You can retrain your brain with the right resources and guidance. How we handle depression, adversity, personal crisis, and stress is crucial. Drawing from the wisdom and knowledge gained, Tonya...



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Reviews

This book is definitely worth acquiring. Yes, it is enjoyable, still an amazing and interesting literature. It's been written in a remarkably basic way and is particularly simple. Soon after I finished reading through this PDF, it actually changed me, affected the way in my opinion.

-- **Murray Marquardt**

If you need to add benefit, a must-buy book. It is packed with wisdom and knowledge. I am just effortlessly could get a pleasure of reading a written publication.

-- **Lea Legros V**