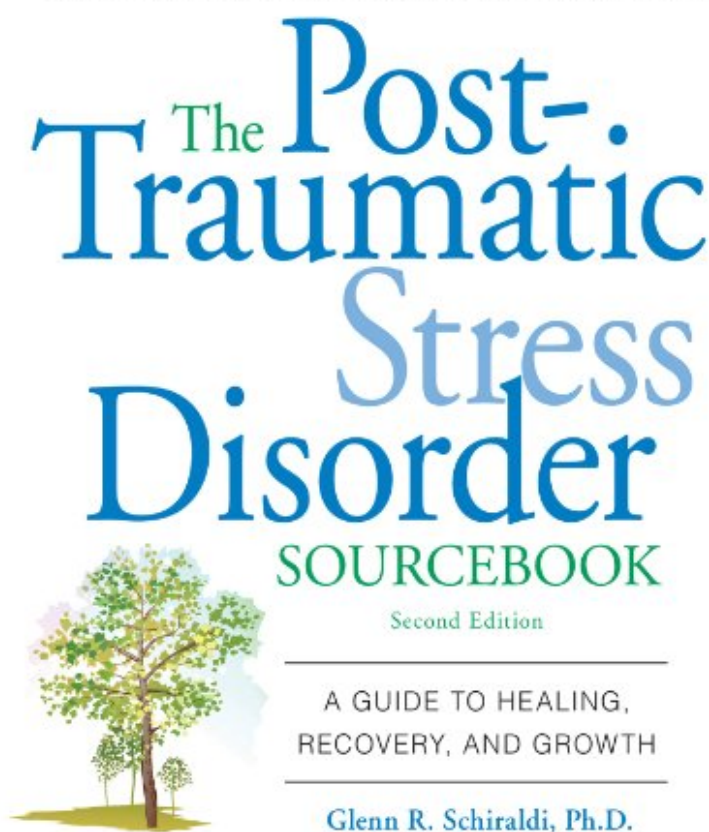


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# The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery, and Growth

"The most valuable, user-friendly manual on PTSD I have ever seen.  
Must reading for victims, their families, and their therapists."

—George S. Everly Jr., Ph.D., founding executive editor, *International Journal of Emergency Mental Health*



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Prsentation de l'diteurThe Definitive Resource for Trauma Survivors, Their Loved Ones, and HelpersTrauma can take many forms, from witnessing a violent crime or surviving a natural disaster to living with the effects of abuse, rape, combat, or alcoholism. Deep emotional wounds may seem like they will never heal. However, with The Post-Traumatic Stress Disorder Sourcebook, Dr. Glenn Schiraldi offers a remarkable range of treatment alternatives and self-management techniques, showing survivors that the other side of pain is recovery and growth.Live your life more fully-without fear, pain, depression, or self-doubt Identify emotional triggers-and protect yourself from further harmUnderstand the link between PTSD and addiction-and how to break itFind the best treatments and techniques that are right for youThis updated edition covers new information for war veterans and survivors with substance addictions. It also explores mindfulness-

based treatments, couples strategies, medical aids, and other important treatment innovations. Prsentation de l'diteur The Definitive Resource for Trauma Survivors, Their Loved Ones, and Helpers Trauma can take many forms, from witnessing a violent crime or surviving a natural disaster to living with the effects of abuse, rape, combat, or alcoholism. Deep emotional wounds may seem like they will never heal. However, with The Post-Traumatic Stress Disorder Sourcebook, Dr. Glenn Schiraldi offers a remarkable range of treatment alternatives and self-management techniques, showing survivors that the other side of pain is recovery and growth. Live your life more fully-without fear, pain, depression, or self-doubt Identify emotional triggers-and protect yourself from further harm Understand the link between PTSD and addiction-and how to break it Find the best treatments and techniques that are right for you This updated edition covers new information for war veterans and survivors with substance addictions. It also explores mindfulness-based treatments, couples strategies, medical aids, and other important treatment innovations. Biographie de l'auteur Glenn R. Schiraldi, Ph.D., has served on the faculty in stress management at the Pentagon and the University of Maryland. He is the author of several articles and books on mental and physical health. He serves on the board of directors of the Depression and Related Affective Disorders Association.