

Picking Up the Pieces: The Guidebook for Women to Rebuild, Renew Rediscover Themselves (Paperback)

By Roselyn Martinez

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. The Picking up the Pieces curriculum is designed for women who have gone through a life changing or traumatic event. Statistics have shown that once a person experiences a traumatic situation, he/she creates various emotions and develops coping skills based on that traumatic situation and can then respond the same way when another traumatic situation occurs. For this reason, it s imperative that people understand and work through their traumatic or crisis situation. The Picking Up the Pieces Curriculum is based on real life experiences and studies from various disciplines, theories, principles, and research. You can t control every unfortunate or traumatic experience in our life, but you can control how you react and respond to the circumstances that show up in your life.





Reviews

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