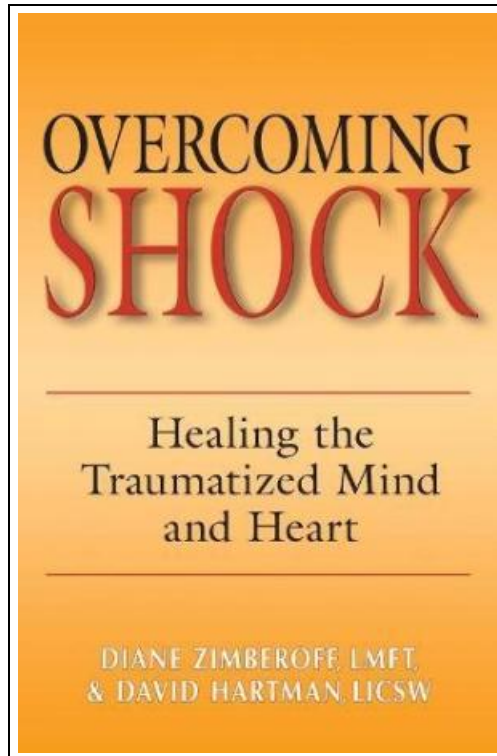


## Overcoming Shock: Healing the Traumatized Mind and Heart (Paperback)



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## OVERCOMING SHOCK: HEALING THE TRAUMATIZED MIND AND HEART (PAPERBACK)



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New Horizon Press Publishers Inc.,U.S., United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Whether it is suddenly losing a loved one, finding out your spouse is having an affair, learning that your child is using drugs, or discovering that a child has a major illness, shock is the body's way of saying, I can't deal with this right now and I need a moment to collect myself. When people experience trauma, they can be both damaged and shocked. While trauma is recorded in us psychologically, shock is recorded physiologically. This is why we can have both emotional and physical responses long after a traumatic event. Overcoming Shock explains the physiology of shock and how shock can control our responses to life. It shows how it impacts our lives and how it can be effectively treated. Zimberoff and Hartman explain that it is important to understand that nearly everybody experiences shock at one time or other in their lives. Overcoming Shock explores the effects of shock on our lives, including its profound impact on miscommunication, abuse in relationships, tenacious addictions, depression, mental illness, and even spiritual seeking. Here are proven tools for successful treatment and real-life examples of people who have overcome the debilitating patterns caused by shock and trauma.



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