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Little, Brown Book Group, United Kingdom, 2017. Paperback. Condition: New. 2 Rev ed. Language: English . Brand New Book. Practical help for managing the after-effects of traumaTraumatic life experiences can lead to persistent change. Those affected may become numb and shut off from those around them and grief, guilt or shame may constantly weigh them down. Memories of horrifying scenes may intrude unexpectedly during waking hours. Sleep may be disturbed by vivid, unpleasant dreams. Sudden mood swings, emotional overwhelm, impaired...

## Read PDF Overcoming Traumatic Stress, 2nd Edition: A Self-Help Guide Using Cognitive Behavioural Techniques (Paperback)

- Authored by Claudia Herbert
- Released at 2017



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