



How I Overcame My Trauma Ptsd - Self-Help Guide Workbook - Mindfulness Based Trauma Treatment (Paperback)

By Philippe Izmailov

Createspace, United States, 2013. Paperback. Book Condition: New. 202 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you haunted by awful memories of your past? Two years ago I was diagnosed with depression and Posttraumatic Stress Disorder (PTSD). I suffered from anxiety, different fears, nasty feelings (especially sadness and anger), flashbacks and re-experiencing my traumas. Also I used to experience plenty of stress, irritability, feelings of guilt, memory problems, sleeping problems and changes in mood. I tried to avoid and to forget my bad memories but it did not help. My efforts were in vain. My traumas were caused by different traumatic events with full of violence, physical and emotional abuse, aggression, emotional blackmail, bullying and mobbing (pestering). Most of these events happened during my childhood. For some time I have been treated by a psychologist, who applied several cures like Cognitive Behavioral Therapy and Eye Movement Desensitization and Reprocessing (EMDR). As I was not satisfied with my progress, I developed and employed a successful self-help treatment to recover from psychological traumas and PTSD. I named it Mindfulness Based Trauma Treatment (MBTT). In my self-help workbook I describe step by step my treatment method...



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