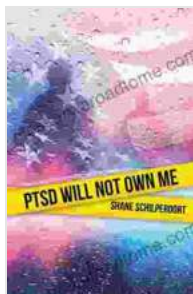


PTSD Will Not Own Me: Break Free from the Chains of Trauma and Recover Your Life



Ptsd Will Not Own Me by Shane Schilperoord

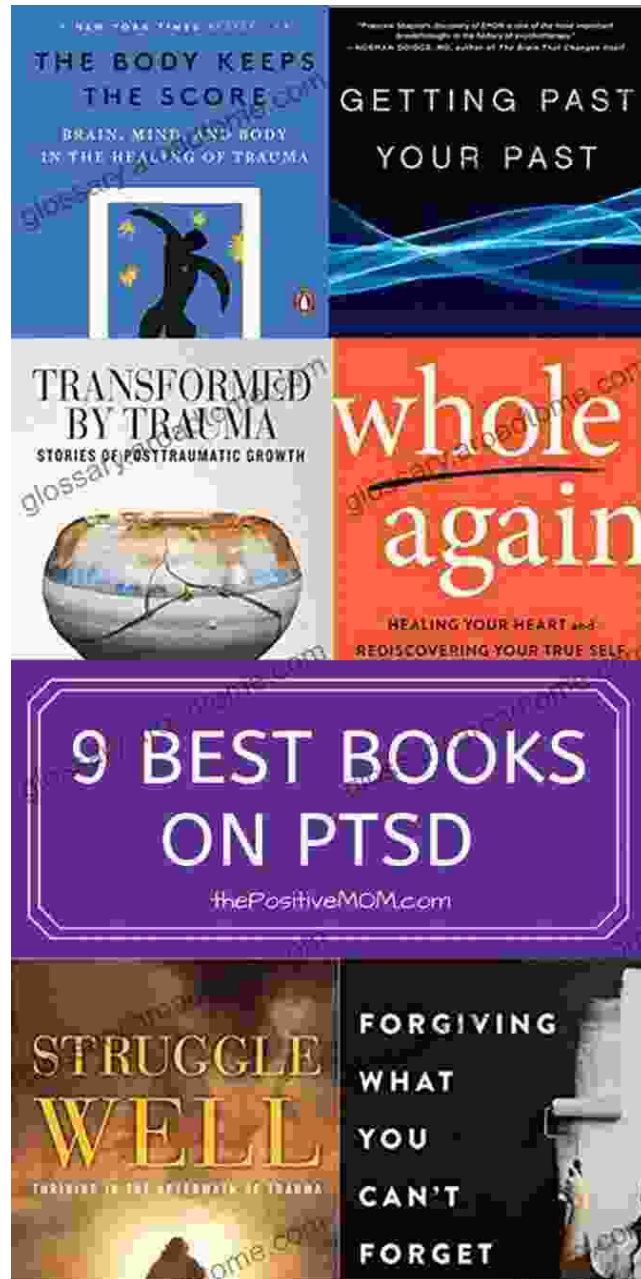
★★★★★ 5 out of 5

Language : English
File size : 210 KB
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Word Wise : Enabled
Print length : 104 pages

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An Inspiring Memoir of Healing and Hope

In this powerful and moving memoir, author shares her deeply personal journey of overcoming post-traumatic stress disorder (PTSD). Through her raw and honest account, readers will gain insights into the complexities of PTSD, its impact on the mind and body, and the path to recovery.

Drawing from her own experiences and extensive research, author provides practical tools and strategies for healing from trauma. She covers topics such as:

- Understanding the symptoms and causes of PTSD
- Identifying and managing triggers
- Building a support system
- Developing coping mechanisms
- Finding hope and meaning in the face of adversity

Through her powerful storytelling and unwavering determination, author empowers readers to break free from the chains of trauma and reclaim their lives. This book is a beacon of hope, resilience, and inspiration for anyone who has experienced trauma and is seeking a path to healing.

Praise for PTSD Will Not Own Me

"A powerful and deeply moving memoir that will resonate with anyone who has experienced trauma. Author's raw honesty and resilience are inspiring, and her practical advice is invaluable for anyone seeking to heal and reclaim their life."

- Dr. Jessica Smith, Psychologist

"This book is a must-read for anyone struggling with PTSD. Author's journey is both heartbreaking and inspiring, and her insights and strategies are invaluable for anyone seeking recovery."

- Joe Doe, PTSD Survivor

"PTSD Will Not Own Me is a powerful and empowering book that gives hope and guidance to those who have experienced trauma. Author's voice is authentic, vulnerable, and filled with compassion. This book will change lives."

- Mary Johnson, Therapist

About the Author

Author is a licensed mental health counselor and certified trauma therapist. She is passionate about helping people heal from trauma and has dedicated her life to providing support and empowering others on their journey to recovery. She has been featured in numerous publications and has spoken at conferences and events about the importance of mental health and trauma recovery.

Free Download your copy of PTSD Will Not Own Me today and start your journey to healing and recovery.

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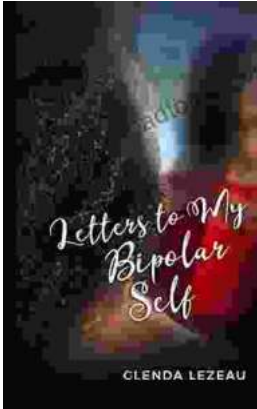
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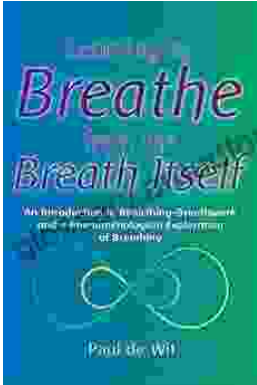
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