

Rebuilding Your Walls: The Essential Guide to Healing from Emotional Trauma



Rebuilding My Walls: The Revised Edition

by HH Bhanu Swami

★★★★★ 5 out of 5

Language : English

File size : 2188 KB

Screen Reader : Supported

Print length : 73 pages

Lending : Enabled

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If you've ever experienced emotional trauma, you know how devastating it can be. The pain, shame, and fear can feel overwhelming, and it can be difficult to imagine ever feeling whole again.

But healing is possible. With the right support, you can rebuild your walls and reclaim your life.

****Rebuilding My Walls**** is the essential guide to healing from emotional trauma. This revised edition includes new content on the latest research on trauma and recovery, as well as practical exercises and worksheets to help you on your journey to healing.

In this book, you will learn:

- * What is trauma and how it affects the brain and body
- * The different types of emotional trauma
- * The signs and symptoms of trauma
- * How to cope with the challenges of healing
- * How to rebuild your walls and reclaim your life

****Rebuilding My Walls**** is a compassionate and practical guide that will help you to:

- * Understand your trauma and its impact on your life
- * Develop coping mechanisms to manage your symptoms
- * Build a support system of people who can help you heal
- * Create a plan for rebuilding your life

If you've been struggling to heal from emotional trauma, ****Rebuilding My Walls**** is the book you need. This revised edition is packed with the latest research and practical exercises to help you on your journey to healing.

****Free Download your copy of Rebuilding My Walls today and start your journey to healing.****



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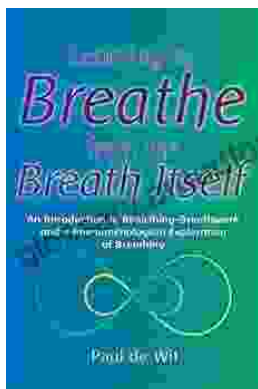
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