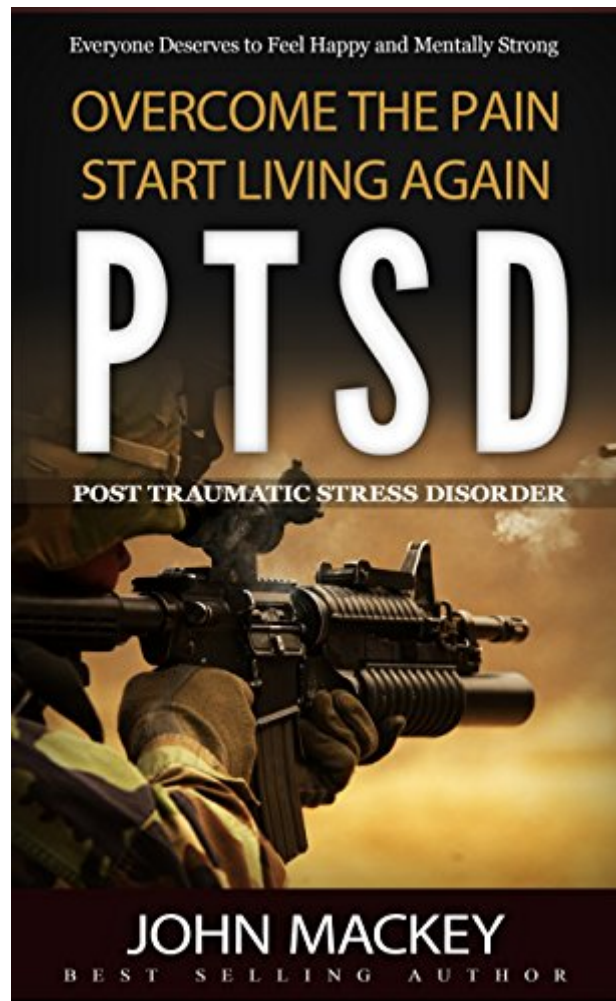


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# PTSD : Post Traumatic Stress Disorder: Overcome The Pain, Start Living Again



## Synopsis

Are you or someone you know suffering from Post Traumatic Stress Disorder, known as PTSD? 2nd Edition, 2016 Military and Civilian PTSD have the same symptoms. Do you feel like no one understands what you are going through, though? Maybe you are not sure if you suffer from Post Traumatic Stress Disorder (PTSD). How can you tell? Do you have a loved one suffering and you don't know how to help them? PTS/PTSD (Post-Traumatic Stress / Post Traumatic Stress Disorder) once called shell shock or combat fatigue, is very common with soldiers returning from battle. The most common symptoms are flashbacks or anxieties as a result of the experiences of combat. It is now known and accepted that combat or military-related PTSD is not the only form of PTSD that people experience. PTSD is a condition that can affect anyone who has experienced overwhelming emotional stress that comes from experiencing shocking or frightening events. Victims of crime, child or spousal abuse, natural disasters, first responders, and anyone who has witnessed horrible events taking place to others can also be affected. Left untreated, the condition can bring profound depression, anger, stress anxiety, or worse, suicidal thoughts. In the United States alone, over 8 Million people have already been diagnosed with this condition - and the number is constantly rising. This condition is treatable, but everyone is unique and must receive individualized care. **WHAT YOU CAN DO RIGHT NOW:** Make the decision to get help today! There is no shame in asking for help. Don't tell yourself that it will go away on its own, or that you have just to keep to yourself and deal with the trauma in your way. With this book you will learn:â € What are the common signs and symptoms of PTSDâ € The Causes of PTSD and Risk Factorsâ € Seeking Help - What you can expect during Your consultation with the Doctor, what are some of the tests and diagnosis for PTSDâ € What are some treatment methods for PTSDâ € What to do when a loved one has PTSDâ € How to continue to live a productive life with PTSDItâ™s been said that every journey starts with a single step. Your first step can be in reading this book. John Mackey provides valuable information, but he also provides the compassionate sensitivity of someone who has been where you are today. Act now to begin your healing! Scroll up and click the 'BUY IT NOW' button at the top of this page so you can immediately begin reading on your Kindle device, computer, tablet or smartphone and stop suffering in silence!

## Book Information

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## Customer Reviews

Today I will be reviewing PTSD: Overcome the Pain, Start Living Again by John Mackey (2015).

Mackey wrote this in response to his own battle with PTSD and I applaud him for being willing to discuss and share his experiences in order to help others. It isn't easy to share that you have PTSD publicly. It is, as Mackey points out, a misunderstood illness that is difficult for people to talk about. However, cancer also used to be misinterpreted and misunderstood and it was education that changed that. We need to follow in Mackey's example and expose the lies and misconceptions about PTSD so that we may support and love those who deal with its realities everyday of their lives. I found Mackey's book to be an easy read. It is a pleasant basic primer on the illness that will not overwhelm someone who is just starting on their journey of discovery. Mackey starts off by sharing the experiences that caused him to develop his PTSD, he explains the illness, and finishes up by discussing some treatments and coping techniques. Overall Mackey does an excellent job of introducing any newcomer to the realities of PTSD and some of the techniques that can be employed to cope with it. In his introduction Mackey tells the story of how he came to have PTSD. He does an excellent job of relating the two incidents. He shares some very personal information without going overboard and making his reader uncomfortable. I appreciated understanding his circumstances as it helped me understand where he was coming from and lent validity to his work. He does offer a disclaimer stating that it is not necessary to read his story to understand the book.

and that the reader shouldn't read it if they feel it will upset them too much.

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Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1)

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