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The PTSD Breakthrough: The Revolutionary, Science-Based Compass Reset Program

By Frank Lawlis Dr.

Sourcebooks. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.2in. x 5.1in. x 0.8in. Praise for The PTSD Breakthrough: Dr. Lawlis has done it again! His latest book offers new hope for PTSD sufferers and their families with approaches that can be used at home where the real problems occur and persist. There is a great deal of insight, strategy, and inspiration for anyone who is dealing with these horrific challenges toward the satisfied life they deserve. A must-read for every member of a family touched by PTSD. Dr. Phil McGraw: Dr. Frank Lawlis, one of the most gifted and prolific contributors in modern psychology, delivers in The PTSD Breakthrough a highly readable, scientifically grounded, balanced approach to PTSD, zeroing in on the damaging effects of trauma to the brain, psyche, and spirit. John Chibran, PhD, ThD, Harvard Medical School, and the author of What's Love Got to Do with It: Talking with Your Kids About Sex: As a nurse educator, coach, author, and consultant, Dr. Frank Lawlis's timely book on PTSD truly addresses the deep-rooted problem beneath the symptoms and syndrome. His innovative and practical guidelines allow the individual to once again achieve high-level wellness with new penetrating insights and compassion for self...



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