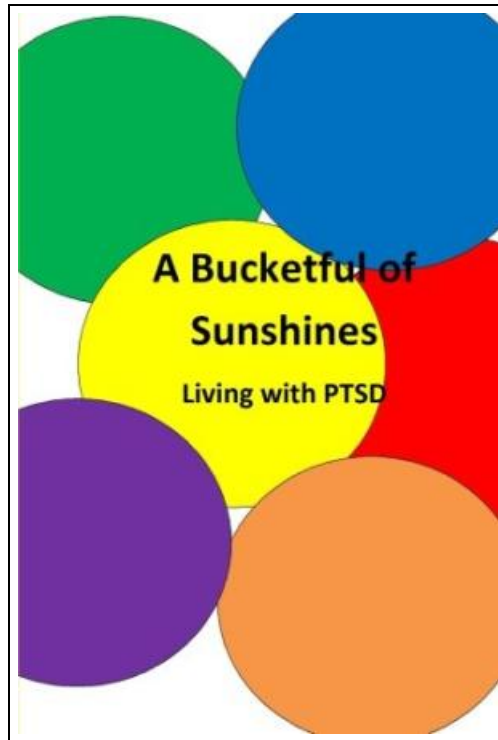


Bucketful of Sunshines: Living with Ptsd (Paperback)



Filesize: 9.66 MB

Reviews

Very helpful for all category of men and women. It is rally fascinating through studying period. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Asia King)

BUCKETFUL OF SUNSHINES: LIVING WITH PTSD (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This story follows a young girl, Bridget, as she attempts to navigate her ever present PTSD. Her mother guides her through six uncomfortable feelings: anger, fright, sadness, resentment, overwhelmedness, and loneliness. Each uncomfortable feeling is given the chance to morph into a desired feeling. Bridget s mother gives her little activities to do in order to collect six desired feelings: pride, safety, love, excitement, peace, and hope. Each day Bridget and her mother collect the desired feelings and turn them into sunshines. They attempt to fill up Bridget s bucket with sunshines. This story allows for the reader to interact with Bridget and her mother by drawing, writing, or scribbling in blank spaces in the book. The reader can process their own uncomfortable and desired feelings while following Bridget s healing process.



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