



Ptsd: Cleaning and Clearing Shock Trauma (Paperback)

By Stephen P King

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. This book is designed for those who work with trauma/shock survivors or those who are trauma/shock victims themselves and who have not yet found a way to collapse and clear any images/memories and resultant fears, anxieties, depression or addictions as a result of ongoing emotional and physical disturbances. You will learn about helping others or oneself in FINDING FREEDOM from addictions, obsessions, compulsions, fears, phobias, anxieties and trauma. It is an easy guide to understanding the nature of PTSD and potentially quick and simple solutions to releasing the impacts of same. You will be able to discover the means by which an understanding of the origins, impact and nature of shock and trauma in people s lives can be dissipated, cleaned and cleared at a pace and in a manner that is safe and healthy for the sufferer. Discover new, practical, and easy-to-apply tools and techniques for collapsing trauma triggers and reactions. This book has both academic content and experiential and practical components, with techniques to attain closure. This is a companion book to the author's online Udemy course...



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