



The Veteran s Toolkit for Ptsd: Twenty Practical Ways to Successfully Cope with Post Traumatic Stress Disorder (Paperback)

By Phd Chaplain Ramsey Coutta

iUniverse, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The pain that veterans and their loved ones experience after the veteran returns home from combat can be a long and difficult struggle. Symptoms of PTSD such as anger, emotional distance, irritableness, flashbacks, nightmares, and trouble sleeping among others make each day seem like a burden rather than the blessing it was meant to be. Veterans and their loved ones often just want to know what specific things they can do to make life better once again and control those symptoms that are so harmful. This book is designed to provide those coping tools that will allow them to do just that. Twenty practical tools for addressing the symptoms of PTSD are provided in an easily understandable and usable format. Illustrations are also provided to describe how PTSD symptoms might look in the everyday life of the veteran. Ramsey Coutta, PhD, a chaplain and veteran of the Iraq War, having counseled numerous veterans upon their return from combat, addresses those PTSD symptoms veterans struggle with the most. Through these twenty practical tools veterans and their loved ones can find improved coping and hope...



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Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin