



# **Overcoming PTSD: The workbook designed to help you understand and overcome post-traumatic stress disorder**

*Jamie Levell*

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## **Overcoming PTSD**

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Post-traumatic stress disorder or PTSD is a generally misunderstood condition that often afflicts war veterans and those that have had a life threatening experience.

PTSD signs and symptoms can vary between sufferers, but it usually involves the person having flashbacks, panic attacks, night terrors and bouts of extreme stress.

This book will explain to you how PTSD works, and inform you of what people are most susceptible to developing the condition. You will learn about the signs and symptoms, and be taken through several treatment options.


Whether you personally suffer from PTSD, or a family member or friend does, this book will help better educate you about the condition and help you to decide on where to go for further help.

## **Here Is A Preview Of What You'll Learn...**

- What is PTSD
- PTSD signs and symptoms
- Who does PTSD afflict
- PTSD causes
- How PTSD is diagnosed
- Different treatment options
- How to help yourself
- Much, much more!

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