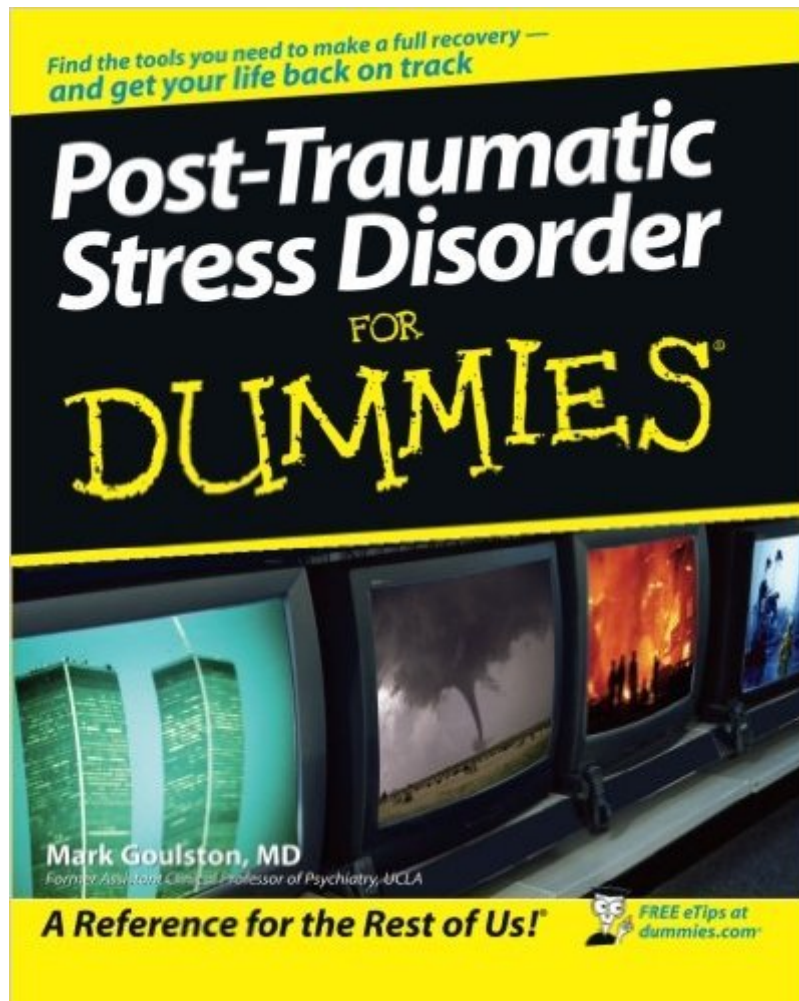


The book was found

Post-Traumatic Stress Disorder For Dummies



Synopsis

As Dr. Mark Goulston tells his patients who suffer from post-traumatic stress disorder (PTSD), "The fact that you're still afraid doesn't mean you're in any danger. It just takes the will and the way for your heart and soul to accept what the logical part of your mind already knows." In *Post-Traumatic Stress Disorder For Dummies*, Dr. Goulston helps you find the will and shows you the way. A traumatic event can turn your world upside down, but there is a path out of PTSD. This reassuring guide presents the latest on effective treatments that help you combat fear, stop stress in its tracks, and bring joy back into your life. You'll learn how to:

- Identify PTSD symptoms and get a diagnosis
- Understand PTSD and the nature of trauma
- Develop a PTSD treatment plan
- Choose the ideal therapist for you
- Decide whether cognitive behavior therapy is right for you
- Weight the pros and cons of PTSD medications
- Cope with flashbacks, nightmares, and disruptive thoughts
- Maximize your healing
- Manage your recovery, both during and after treatment
- Help a partner, child or other loved one triumph over PTSD
- Know when you're getting better
- Get your life back on track

Whether you're a trauma survivor with PTSD or the caregiver of a PTSD sufferer, *Post-Traumatic Stress Disorder For Dummies*, gives you the tools you need to win the battle against this disabling condition.

Book Information

Paperback: 384 pages

Publisher: For Dummies; 1 edition (March 27, 2012)

Language: English

ISBN-10: 0470049227

ISBN-13: 978-0470049228

Product Dimensions: 7.4 x 0.8 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (29 customer reviews)

Best Sellers Rank: #514,401 in Books (See Top 100 in Books) #469 in [Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder](#) #1188 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies](#) #1415 in [Books > Medical Books > Psychology > Pathologies](#)

Customer Reviews

Flashbacks are like a time machine. You literally re-live it in every way down to your visceral responses and the same exact thoughts going through your mind. We attempt to scramble back into

the present tense ASAP. This was (and sometimes still is) the hardest aspect of PTSD to get under control. Your book (and years of therapy and ongoing self-directed effort) taught me to acknowledge the unwanted memories as brain blips because of cataloging.....(i.e. a sexual snarl provoking a memories of all that molestation or torture makes a young girl remember AND feel.....) It's not only my body "replaying" the sensations, it's also the EMOTIONAL/visceral responses.....i.e. feeling scared, helpless, unimportant, unloved.....these I now realize that the physical memories (burning, violence, starvation, etc...) are ALWAYS accompanied by what you think and the emotional component. So, it's not only remembering and re-experiencing what they did to your body, it's ALSO what you concluded about yourself, the world.....and what to expect next.....I'm not articulate at all.....but it's these emotions that are reexperienced in my body that I ALWAYS have to recognize aren't true any more. I call them the emotional reverberations of random memories.....This has helped me to learn what to acknowledge as pertaining to 'now' and what got accidentally misfired.....That was and is my lynchpin to feeling capable and able to appreciate my life. The best thing is.....I notice that everything is less intense and floats by more easily.....I can't thank you enough.....True, my therapies helped, but.....reading your book seemed to present it as "OK and doable".....I think it was because you wrote it like the reader was talking to a friend and it's OK to have challenges like this.

[Download to continue reading...](#)

Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety The Oxygen Revolution: Hyperbaric Oxygen Therapy: The New Treatment for Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury, Stroke, Autism and More Post-Traumatic Stress Disorder For Dummies The Post Traumatic Stress Disorder Relationship: How to Support Your Partner and Keep Your Relationship Healthy PTSD : Post Traumatic Stress Disorder: Overcome The Pain, Start Living Again Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder In Those Who Treat The Traumatized (Psychosocial Stress Series) Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts Transcending Post-infidelity Stress Disorder (PISD): The Six Stages of Healing Post-Romantic Stress Disorder: What to Do When the Honeymoon Is Over Coping with Concussion and Mild Traumatic Brain Injury: A Guide to Living with the Challenges Associated with Post Concussion

Syndrome and Brain Trauma The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency Narrative Exposure Therapy: A Short-Term Treatment for Traumatic Stress Disorders Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress, Second Edition Treating Complex Traumatic Stress Disorders (Adults): Scientific Foundations and Therapeutic Models Post-Apocalyptic Nomadic Warriors (A Duck & Cover Adventure Post-Apocalyptic Series Book 1) Bravo for the Marshallese: Regaining Control in a Post-Nuclear, Post-Colonial World (Case Studies on Contemporary Social Issues) New York Post Easy Sudoku: The Official Utterly Addictive Number-Placing Puzzle (New York Post Sudoku) Lancelot-Grail: 1. The History of the Holy Grail: The Old French Arthurian Vulgate and Post-Vulgate in Translation (Lancelot-Grail: The Old French Arthurian Vulgate and Post-Vulgate in Translation)

[Dmca](#)