



I Can't Get Over It: A Handbook for Trauma Survivors

Aphrodite T. Matsakis PhD

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In this ground-breaking book, Dr. Matsakis explains that post-traumatic stress disorder affects not just soldiers, but also survivors of many other types of trauma including:

- crime
- vehicular accidents
- rape
- family violence
- sexual abuse
- natural catastrophes

I Can't Get Over It directly addresses survivors of trauma. It explains the nature of PTSD and describes the healing process. This book will help you:

- Find out whether you have PTSD
- Cope with post-traumatic anger, grief, and survivor guilt
- Recognize related problems such as depression, substance abuse, compulsive behavior and low self-esteem
- Identify “triggers” that set off flashbacks, anxiety attacks, and other symptoms
- Relieve wounding caused by others’ blaming and insensitivity
- Gain a sense of empowerment and hope for the future

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Martha Furman:

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Cathrine Hart:

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Jacqueline Morrison:

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recommended to you is I Can't Get Over It: A Handbook for Trauma Survivors this guide consist a lot of the information on the condition of this world now. This particular book was represented just how can the world has grown up. The words styles that writer make usage of to explain it is easy to understand. The particular writer made some research when he makes this book. Here is why this book acceptable all of you.

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