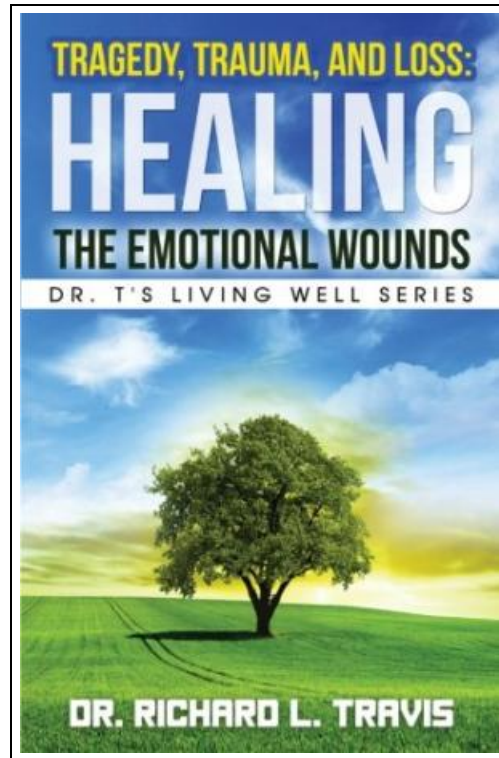


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TRAGEDY, TRAUMA, AND LOSS: HEALING THE EMOTIONAL WOUNDS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. **Completely Updated in December/2016** This book explains the kinds of tragedies, traumas, and losses that we might experience in our lives. It also spells out the effects these losses have on us, whether physical, emotional, social, or academic. Tragedy, trauma, and loss that are experienced by us, and are not treated when experienced, can cripple a person's ability to develop healthy relationships. This untreated trauma can also lead to anxiety disorders, depressive disorders, and abandonment and trust issues. The long term negative effects of trauma on the brain, the body and the emotional or mental health of an individual is quite shocking. It is a sad fact that we can't prevent trauma and loss in everyday life. We can however help people thrive as adults by using the information in this book to help heal the wounds of loss and trauma early and later in life. Take some time and go through the many Links, YouTube Videos and Apps listed at the end of this book. You can never have too much information. You are highly encouraged to engage the help of a psychotherapist who specializes in EMDR to help you or someone you know or love desensitize the symptoms of this tragedy, trauma, or loss. There are several pages of Links, Apps and YouTube Videos listed at the end of the book for you to continue your search for knowledge on this subject.



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