



The Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks, Shame, Guilt, and Fear (The New Harbinger Compassion-Focused Therapy Series)

Deborah A. Lee DClínPsy, Sophie James

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Although many people who have survived trauma, abuse, and violent situations understand on a logical level that the traumatic events they experienced were not their fault, shame may still underlie their feelings and fuel post-traumatic stress disorder (PTSD) and other trauma-related psychological difficulties. For example, women who are victims of domestic abuse are often so paralyzed with the stigma of shame associated with their abuse, they don't seek help. **The Compassionate-Mind Guide to Recovering from Trauma and PTSD** helps readers reduce the sense of threat they constantly feel and develop a fuller understanding of their reactions to trauma by cultivating compassion for themselves and others. The practical exercises based in compassion-focused therapy (CFT) that are offered in this book help readers gradually confront and overcome trauma-related behaviors. This approach invites readers who have undergone a traumatic experience to develop compassion for themselves and others, a sense of safety, and the ability to self-soothe when difficult memories or emotions arise. Written by an international expert on PTSD treatment, this book will prove to be an essential resource for therapists specializing in the treatment of trauma and anyone in the process of healing from a traumatic experience.

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The book The Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks, Shame, Guilt, and Fear (The New Harbinger Compassion-Focused Therapy Series) will bring you to definitely the new experience of reading a book. The author style to describe the idea is very unique. In case you try to find new book to study, this book very suited to you. The book The Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks, Shame, Guilt, and Fear (The New Harbinger Compassion-Focused Therapy Series) is much recommended to you to see. You can also get the e-book from the official web site, so you can quickly to read the book.

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That publication can make you to feel relax. This specific book The Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks, Shame, Guilt, and Fear (The New Harbinger Compassion-Focused Therapy Series) was colorful and of course has pictures on there. As we know that book The Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks, Shame, Guilt, and Fear (The New Harbinger Compassion-Focused Therapy Series) has many kinds or variety. Start from kids until youngsters. For example Naruto or Private investigator Conan you can read and believe that you are the character on there. Therefore , not at all of book are make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book to suit your needs and try to like reading in which.

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