

[PDF] Healing From Trauma: A Survivor's Guide To Understanding Your Symptoms And Reclaiming Your Life

Robert Scaer, Jasmin Lee Cori - pdf download free book

Books Details:

Title: Healing From Trauma: A Surviv

Author: Robert Scaer, Jasmin Lee Cor

Released: 2008-01-08

Language:

Pages: 288

ISBN: 1600940617

ISBN13: 978-1600940613

ASIN: 1600940617



[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

From Publishers Weekly Psychotherapist Cori (*The Tao of Contemplation: Re-Sourcing the Inner Life*) translates the dark language of trauma in this primer of agony and recovery, with a deep understanding of the tortuous journey many suffer after sexual assault, war, violence and childhood abuse. Skillfully, she avoids the bevy of usual tales of misery found in self-help books on trauma, focusing instead on the resilience of the spirit, regaining control and resuming a renewed life. Very timely and informative, Cori's guidebook includes a long segment on PTSD (post traumatic stress

disorder), recognizing the emotional and moral conflicts faced by troops returning from Iraq and Afghanistan and attempting to reintegrate into society. The author offers solid information on types of trauma disorders and stresses the importance of selecting caring, sensitive health practitioners and therapists as critical to speed the healing quest (she offers sensible specifics on choosing a therapist). Concluding with her own story as an incest survivor (based on recovered memories), the book is a compact, knowing work of atonement, grace, compassion and healing. (Nov.)

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review "Cori's guidance for choosing a therapist and a therapy, as well as her numerous, practical ideas for self-help, is full of common sense. With her variety of treatment options, Cori effectively (and refreshingly) dispels the popular belief that there is only one way to deal with trauma. If you or a loved one continues to suffer from long-past or recent trauma, reading *Healing From Trauma* should be a part of your over-all treatment plan." -- *Babette Rothschild, MSW, LCSW, author of The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*

"It takes a special kind of talent to make complex information clear and useable without talking down to a reader, and Jasmin Cori has pulled this off in spades. Her discussion of how to interpret symptoms, find a good therapist, and explore various therapies without inviting reactivation and flooding is a tour de force of sensitivity, insider knowledge, brevity and clarity. This goes on my 'Highly Recommended' list immediately!" -- *Belleruth Naparstek, LISW, author of Invisible Heroes: Survivors of Trauma and How They Heal and creator of the Health Journeys guided imagery audio series*

"This well-written reader-friendly book provides a clear and compassionate overview of the emotional, physical, spiritual, and societal aspects of trauma, as well as helpful suggestions regarding the recovery process." -- *Aphrodite Matsakis, PhD, author of I Can't Get Over It: A Handbook for Trauma Survivors and Trust after Trauma*

"What a gift! Survivors will cherish this book, which is the best I've seen on the subject in years. It is reassuring, practical, thorough, accurate, and beautifully written. But most importantly, it is filled with hope. *Healing from Trauma* is going to the top of Sidran's recommended reading list." -- *Esther Giller, M.A., President, Sidran Traumatic Stress Institute*

-
- Title: *Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life*
 - Author: Robert Scaer, Jasmin Lee Cori
 - Released: 2008-01-08
 - Language:
 - Pages: 288
 - ISBN: 1600940617
 - ISBN13: 978-1600940613
 - ASIN: 1600940617

