



Mind-Body Workbook for PTSD: A 10-Week Program for Healing After Trauma (New Harbinger Self-Help Workbook)

Stanley H. Block, Carolyn Bryant Block

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It may not seem possible at first, but you *can* make a full recovery after trauma

Many traumatic experiences naturally heal with time and become part of your past, like old scars. But when you have post-traumatic stress disorder (PTSD), traumas flare up in your life again and again, causing stress and making it difficult to focus on the here and now. Months and even years may pass, but the memories don't fade and let you move on.

A clinically proven therapeutic method called mind-body bridging can help you to finally heal and recover from these difficult experiences. *Mind-Body Workbook for PTSD* is a straightforward, self-guided mind-body bridging program that you can complete in ten weeks. You'll use your body to settle your mind, develop the skills you need to recover from PTSD, and start to feel connected, confident, and in charge of your life.

- Stop feeling detached and numb and start feeling alive again
- Notice the tension in your body and experience it melting away
- Reduce flashbacks, nightmares, insomnia, and restlessness
- Keep track of your progress as you move toward making a full recovery

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