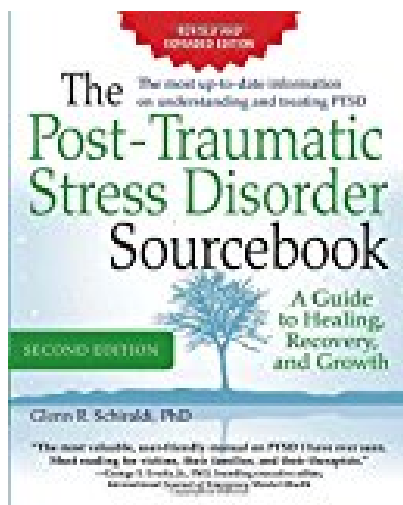


# The Post-Traumatic Stress Disorder Sourcebook Revised and Expanded Second Edition A Guide to Healing Recovery and Growth NTC Self-Help



## BOOK DETAILS

- Author : Glenn Schiraldi
- Pages : 496 Pages
- Publisher : McGraw-Hill Education
- Language : English
- ISBN : 0071840591

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## **BOOK SYNOPSIS**

Dr. Schiraldi has pulled together the current research for mind and body, and produced a how-to guide to inoculate people against the inevitable trials of life in order to live healthy, happy, fulfilling lives.

### **THE POST-TRAUMATIC STRESS DISORDER SOURCEBOOK REVISED AND EXPANDED SECOND EDITION A GUIDE TO HEALING RECOVERY AND GROWTH NTC SELF-HELP**

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