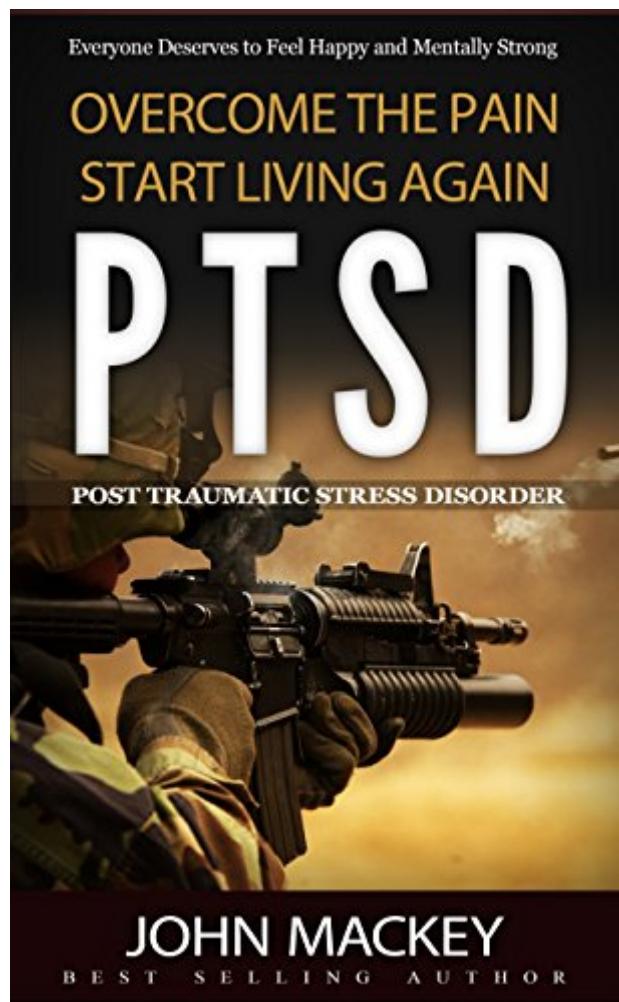


The book was found

PTSD : Post Traumatic Stress Disorder: Overcome The Pain, Start Living Again



Synopsis

Are you or someone you know suffering from Post Traumatic Stress Disorder, known as PTSD? 2nd Edition, 2016 Military and Civilian PTSD have the same symptoms. Do you feel like no one understands what you are going, though? Maybe you are not sure if you suffer from Post Traumatic Stress Disorder (PTSD). How can you tell? Do you have a loved one suffering and you don't know how to help them? PTS/PTSD (Post-Traumatic Stress / Post Traumatic Stress Disorder) once called shell shock or combat fatigue, is very common with soldiers returning from battle. The most common symptoms are flashbacks or anxieties as a result of the experiences of combat. It is now known and accepted that combat or military-related PTSD is not the only form of PTSD that people experience. PTSD is a condition that can affect anyone who has experienced overwhelming emotional stress that comes from experiencing shocking or frightening events. Victims of crime, child or spousal abuse, natural disasters, first responders, and anyone who has witnessed horrible events taking place to others can also be affected. Left untreated, the condition can bring profound depression, anger, stress anxiety, or worse, suicidal thoughts. In the United States alone, over 8 Million people have already been diagnosed with this condition - and the number is constantly rising. This condition is treatable, but everyone is unique and must receive individualized care. **WHAT YOU CAN DO RIGHT NOW:** Make the decision to get help today! There is no shame in asking for help. Don't tell yourself that it will go away on its own, or that you have just to keep to yourself and deal with the trauma in your way. With this book you will learn:

- What are the common signs and symptoms of PTSD
- The Causes of PTSD and Risk Factors
- Seeking Help - What you can expect during Your consultation with the Doctor, what are some of the tests and diagnosis for PTSD
- What are some treatment methods for PTSD
- What to do when a loved one has PTSD
- How to continue to live a productive life with PTSD

It's been said that every journey starts with a single step. Your first step can be in reading this book. John Mackey provides valuable information, but he also provides the compassionate sensitivity of someone who has been where you are today. Act now to begin your healing! Scroll up and click the 'BUY IT NOW' button at the top of this page so you can immediately begin reading on your Kindle device, computer, tablet or smartphone and stop suffering in silence!

Book Information

File Size: 1038 KB

Print Length: 50 pages

Simultaneous Device Usage: Unlimited

Publisher: Four J's Publishing (July 22, 2014)

Publication Date: July 22, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00M1C10M2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #427,549 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #76

in Books > Parenting & Relationships > Family Relationships > Military Families #507 in Kindle

Store > Kindle Short Reads > 90 minutes (44-64 pages) > Parenting & Relationships #577

in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder

Customer Reviews

Today I will be reviewing PTSD: Overcome the Pain, Start Living Again by John Mackey (2015).

Mackey wrote this in response to his own battle with PTSD and I applaud him for being willing to discuss and share his experiences in order to help others. It isn't easy to share that you have PTSD publicly. It is, as Mackey points out, a misunderstood illness that is difficult for people to talk about. However, cancer also used to be misinterpreted and misunderstood and it was education that changed that. We need to follow in Mackey's example and expose the lies and misconceptions about PTSD so that we may support and love those who deal with its realities everyday of their lives. I found Mackey's book to be an easy read. It is a pleasant basic primer on the illness that will not overwhelm someone who is just starting on their journey of discovery. Mackey starts off by sharing the experiences that caused him to develop his PTSD, he explains the illness, and finishes up by discussing some treatments and coping techniques. Overall Mackey does an excellent job of introducing any newcomer to the realities of PTSD and some of the techniques that can be employed to cope with it. In his introduction Mackey tells the story of how he came to have PTSD. He does an excellent job of relating the two incidents. He shares some very personal information without going overboard and making his reader uncomfortable. I appreciated understanding his circumstances as it helped me understand where he was coming from and lent validity to his work. He does offer a disclaimer stating that it is not necessary to read his story to understand the book

and that the reader shouldn't read it if they feel it will upset them too much.

[Download to continue reading...](#)

PTSD : Post Traumatic Stress Disorder: Overcome The Pain, Start Living Again Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety The Oxygen Revolution: Hyperbaric Oxygen Therapy: The New Treatment for Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury, Stroke, Autism and More Post-Traumatic Stress Disorder For Dummies The Post Traumatic Stress Disorder Relationship: How to Support Your Partner and Keep Your Relationship Healthy Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder In Those Who Treat The Traumatized (Psychosocial Stress Series) The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) How To Stop Worrying and Start Living - What Other People Think Of Me Is None Of My Business: Learn Stress Management and How To Overcome Relationship Jealousy, Social Anxiety and Stop Being Insecure The Hashimoto Diet: You're Not Alone! How to Stop Feeling Tired, Puffy & in Pain...and Start Living Your Life Again! (Hashimotos, Thyroid Diet, Thyroid Symptoms, Thyroid Healthy, Thyroid Management) Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experiences (Treatments That Work) Coping with Concussion and Mild Traumatic Brain Injury: A Guide to Living with the Challenges Associated with Post Concussion Syndrome and Brain Trauma Mental Illness: PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help Mental Illness Dysfunctional Relationships) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Wrist

Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1)

[Dmca](#)