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REBOOT! CONFRONTING PTSD ON YOUR TERMS: A WORKBOOK (PAPERBACK)



Loving Healing Press, United States, 2011. Paperback. Book Condition: New. 241 x 180 mm. Language: English . Brand New Book ***** Print on Demand *****.Are You Ready to Reboot Your PTSD? Reboot! Confronting PTSD on Your Terms offers a well-structured method for getting a grip on Post-Traumatic Stress Disorder (PTSD) and starting to turn it around. Detailed inventories provide the opportunity to explore needs, both physical and emotional, both needs that are met and those that are unmet. Powell recommends...

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- Authored by David W. Powell
- Released at 2011

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Reviews

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