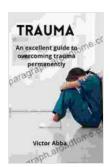
Trauma: An Excellent Guide To Overcoming **Trauma Permanently**



TRAUMA: An excellent guide to overcoming trauma **permanently** by Victor Abba

🛖 🛖 🋖 🛖 5 out of 5

Language : English Hardcover : 191 pages Item Weight : 7.72 pounds

Dimensions : 5.5 x 0.5 x 8.5 inches

File size : 724 KB : Enabled Text-to-Speech Screen Reader : Supported Enhanced typesetting: Enabled Word Wise : Enabled Print length : 13 pages : Enabled Lending



Trauma is a serious issue that can have a profound impact on your life. It can lead to a variety of physical, emotional, and psychological problems. If you've experienced trauma, it's important to get help so you can start healing and moving on with your life.

What is Trauma?

Trauma is an emotional response to a deeply distressing or disturbing event. It can be caused by a single event, such as a natural disaster, car accident, or sexual assault, or it can be the result of ongoing abuse or neglect.

When you experience trauma, your brain goes into "survival mode." This is a natural response that helps you to protect yourself from danger. However, if you stay in survival mode for too long, it can start to take a toll on your physical and mental health.

Symptoms of Trauma

The symptoms of trauma can vary depending on the severity of the event and the individual's personal history. However, some common symptoms include:

- Physical symptoms, such as headaches, stomachaches, fatigue, and difficulty sleeping
- Emotional symptoms, such as anxiety, depression, guilt, and shame
- Cognitive symptoms, such as difficulty concentrating, making decisions, and remembering things
- Behavioral symptoms, such as avoidance, isolation, and selfdestructive behaviors

How to Overcome Trauma

If you've experienced trauma, it's important to get help so you can start healing and moving on with your life. There are a number of different treatments that can be effective for trauma, including:

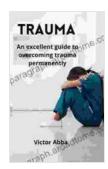
- Therapy
- Medication
- Support groups

Self-help

The best treatment for you will depend on your individual needs. It's important to work with a mental health professional to find the best treatment plan for you.

Trauma can be a life-changing experience, but it doesn't have to define your life. With the right help, you can learn to cope with your trauma and move on to live a happy and fulfilling life.

If you've experienced trauma, please don't hesitate to get help. There are many people who care about you and want to help you heal.



TRAUMA: An excellent guide to overcoming trauma

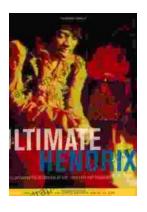
permanently by Victor Abba

★ ★ ★ ★ ★ 5 out of 5
Language : English
Hardcover : 191 pages

Item Weight : 7.72 pounds
Dimensions : 5.5 x 0.5 x 8.5 inches

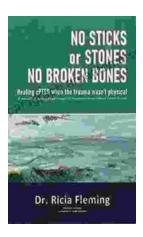
File size : 724 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 13 pages
Lending : Enabled





An Illustrated Encyclopedia Of Live Concerts And Sessions: Uncover The Magic Of Live Music

Immerse yourself in the electrifying world of live music with An Illustrated Encyclopedia Of Live Concerts And Sessions. This groundbreaking work transports...



Non Physically Assaultive Attachment Based Chronic Covert Trauma: A Guide to Understanding and Healing

What is Covert Trauma? Covert trauma is a type of trauma that is not caused by physical violence but instead by emotional and psychological...