



The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery, and Growth

Glenn Schiraldi

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The Definitive Resource for Trauma Survivors, Their Loved Ones, and Helpers

Trauma can take many forms, from witnessing a violent crime or surviving a natural disaster to living with the effects of abuse, rape, combat, or alcoholism. Deep emotional wounds may seem like they will never heal. However, with *The Post-Traumatic Stress Disorder Sourcebook*, Dr. Glenn Schiraldi offers a remarkable range of treatment alternatives and self-management techniques, showing survivors that the other side of pain is recovery and growth.

Live your life more fully-without fear, pain, depression, or self-doubt

- Identify emotional triggers-and protect yourself from further harm
- Understand the link between PTSD and addiction-and how to break it
- Find the best treatments and techniques that are right for you

This updated edition covers new information for war veterans and survivors with substance addictions. It also explores mindfulness-based treatments, couples strategies, medical aids, and other important treatment innovations.

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