



Understanding Trauma: How to Overcome Post-traumatic Stress

Roger Baker

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What is post-traumatic stress disorder? What does it feel like? And how can it be overcome? Trauma is a term that many of us find alienating and clinical. But in fact trauma is something most people encounter at some point in life, and post-traumatic stress - far from being a mental disorder - is a normal reaction to abnormal events: even breaking a bone or witnessing a car crash. Drawing on 20 years of research and clinical practice, Roger Baker explains the many symptoms of post-traumatic stress and lays out a self help programme - emotional processing therapy - which can defuse the distressing memories of trauma and reduce the occurrence of flashbacks, nightmares and tensions. Dr Baker also advises strategies to prevent post-traumatic stress in the first place. Full of real-life case studies, this is essential reading for trauma sufferers, their family and friends, and specialists alike.

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