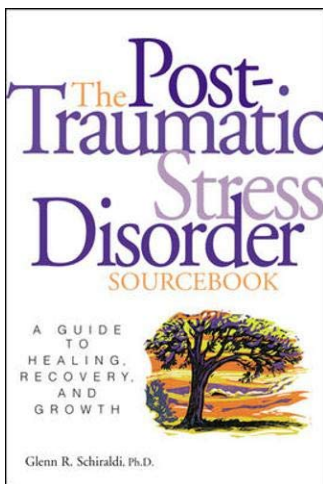


[PDF] The Post-Traumatic Stress Disorder Sourcebook

Glenn Schiraldi - pdf download free book



Books Details:

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Description:

Review

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The recent terrorist attacks have led to widespread anxiety and distress throughout the country. For those who need help, McGraw-Hill Professional is pleased to offer a free eBook version of this book. --This text refers to the edition.

About the Author

Glenn R. Schiraldi, Ph.D., has served on the stress management faculty at the U.S. Pentagon and the University of Maryland, where he received the Outstanding Teacher Award in the College of Health and Human Performance. He is the author of various articles and books on human mental and physical health, including *Conquer Anxiety, Worry and Nervous Fatigue: A Guide to Greater Peace; Hope and Help for Depression:*

A Practical Guide; Facts to Relax By: A Guide to Relaxation and Stress Reduction; and Building Self-Esteem: A 125-Day Program. He serves on the Board of Directors of the Depression and Related Affective Disorders Association. He is a graduate of the U.S. Military Academy, West Point, and holds graduate degrees in Health Education from Brigham Young University and the University of Maryland.

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Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event " either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event. Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. Start by marking "The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery, and Growth" as Want to Read: Want to Read savingâ€¦| Want to Read.Â Let us know whatâ€™s wrong with this preview of The Post-Traumatic Stress Disorder Sourcebook by Glenn R. Schiraldi. Problem: Itâ€™s the wrong book Itâ€™s the wrong edition Other. The Post-Traumatic Stress has been added to your Cart. Add to Cart. Buy Now. More Buying Choices. 4 new from \$21.95. 48 used from \$1.60. 52 used & new from \$1.60.Â He is the author of several articlesand books on mental and physical health. He serves on theboard of directors of the Depression and Related AffectiveDisorders Association. Product details. Publisher : McGraw-Hill; Original edition (March 5, 2009). Language : English. Paperback : 464 pages. His 12 books on stress-related topics have been translated into 15 foreign languages, and include: The Post-Traumatic Stress Disorder Sourcebook; The Complete Guide to Resilience; World War II Survivors: Lessons in Resilience; The Resilient Warrior Before, During, and After War; The Self-Esteem Workbook; Conquer Anxiety, Worry & Nervous Fatigue; The Anger Management Sourcebook; Ten Simple Solutions to Building Self-Esteem; Hope.Â For the International Critical Incident Stress Foundation and Resilience Training International, he designed and presents resilience training. This training optimizes mental health and performance while preventing and promoting recovery from stress-related The Post-Traumatic Stress Disorder SOURCEBOOK. McGraw-Hill eBooks. Jan 2009. G Schiraldi. Schiraldi, G. (2009) The Post-Traumatic Stress Disorder SOURCEBOOK. McGraw-Hill eBooks [Online].Â The posttraumatic stress disorder group differed from the non-posttraumatic stress disorder group on all measures of physical and mental health. They reported higher symptom scores, more disability days, lower self rated health and made more frequent contacts with health care providers. They also experienced greater anxiety, depression and loss of control, and lower wellbeing. Significant differences on some demographic and military service measures were also found between the groups.