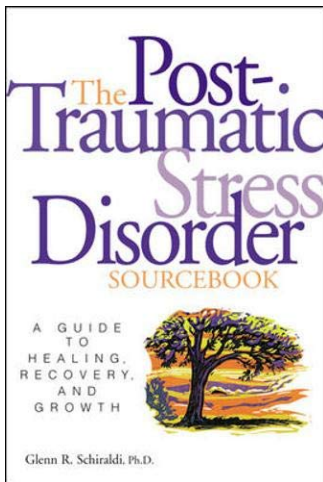


[PDF] The Post-Traumatic Stress Disorder Sourcebook

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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 disorder that can develop after a person is exposed to a traumatic event, such as sexual assault, warfare, traffic collisions, child abuse, or other threats on a person's life. Symptoms may include disturbing thoughts, feelings, or dreams related to the events, mental or physical distress to trauma-related cues, attempts to avoid trauma-related cues, alterations in how a person thinks and feels, and an increase in the fight-or-flight response. These are the so-called PTSD, the post-traumatic-stress-disorder. This trauma, related to the experiences. The Post-Traumatic Stress Disorder SOURCEBOOK McGrawHill eBooks [Online] Available at: <https://www.google.pt/url?sa=t&rct=j&q=&esrc=s&source=web&cd=3&cad=rja&uact=8&ved=0ahUKEwiLzrCVh5vWAhULvBoKHU5zCooQFgg1MAI&url=https://www.researchgate.net/file.PostFileLoader>. Sep 2009. 3-3. G Schiraldi. Schiraldi, G. (2009) The Post-Traumatic Stress Disorder SOURCEBOOK. McGrawHill eBooks [Online]. The effect of the homoeopathic similimum in post traumatic stress disorder. Sep 2008. 10. Y Lankesar. Lankesar, Y. (2008) The effect of the homoeopathic similimum in post traumatic stress disorder. [Online]. The Post-Traumatic Stress has been added to your Cart. Add to Cart. Buy Now. This book has brilliant explanations and is very user friendly no matter what your purpose for purchase. I am a counsellor and was required to prepare a presentation, I chose this subject and found the book helped expand my knowledge and gave me inspiration to bring the presentation to life. I recommended this book to my colleagues and would do the same to anyone with interest in post-traumatic stress. The book was delivered promptly and in excellent condition. Read more.