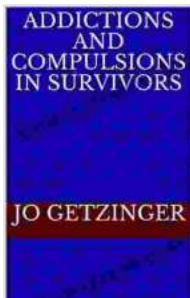


Overcoming the Shadow of Trauma: Addictions and Compulsions in Survivors



Addictions and Compulsions in Survivors by Ed Back

★★★★★ 5 out of 5

Language : English

File size : 1476 KB

Text-to-Speech : Enabled

Screen Reader : Supported

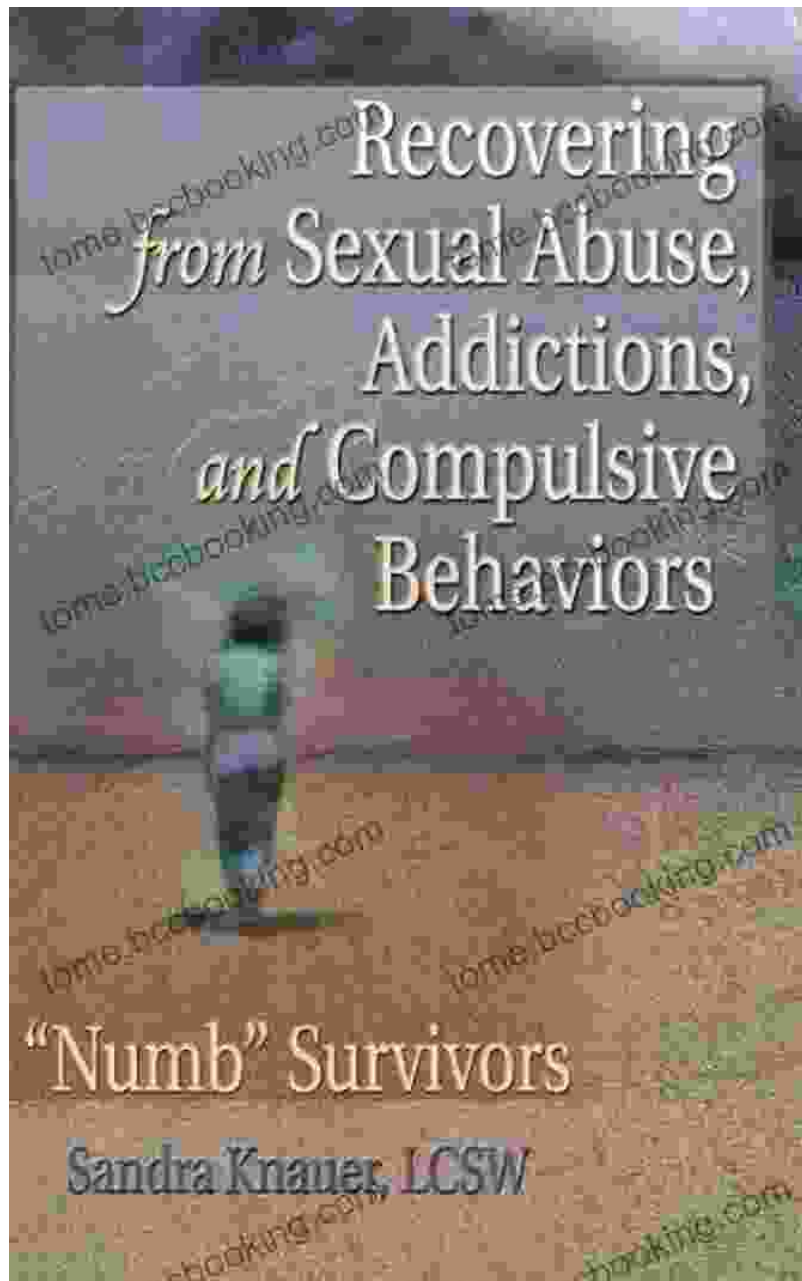
Enhanced typesetting : Enabled

Print length : 10 pages

FREE

DOWNLOAD E-BOOK





About the Book

In the poignant and insightful book 'Addictions and Compulsions in Survivors,' renowned trauma expert Dr. Emily Carter unveils the intricate relationship between trauma and addictive behaviors.

Through a compassionate and evidence-based lens, this comprehensive guide explores the complex reasons why survivors often resort to self-medication or other coping mechanisms that can spiral into addictive cycles.

Drawing upon years of clinical practice and research, Dr. Carter provides a roadmap for understanding the underlying causes of addiction and compulsion in survivors, empowering readers with practical tools to break free from these destructive patterns.

Key Features

- **Unveiling the Trauma-Addiction Connection:** Delves into the psychological and neurobiological processes linking trauma to addictive behaviors.
- **Identifying Triggers and Patterns:** Examines common triggers and coping mechanisms that contribute to addiction in survivors, offering strategies for recognizing and managing them.
- **Promoting Self-Awareness and Healing:** Guides survivors through a journey of self-discovery, fostering understanding of their own experiences and empowering them to make positive change.
- **Breaking the Cycle of Addiction:** Outlines evidence-based interventions and therapeutic approaches tailored to the specific needs of trauma survivors struggling with addiction and compulsion.
- **Cultivating Resilience and Recovery:** Provides practical tools and strategies for building resilience, establishing healthy relationships, and fostering a fulfilling life beyond addiction.

Who Should Read This Book?

'Addictions and Compulsions in Survivors' is an essential resource for:

- Trauma survivors struggling with addiction or compulsive behaviors
- Loved ones and family members supporting survivors
- Mental health professionals working with trauma and addiction
- Researchers and scholars studying the intersection of trauma and addiction

Pricing and Availability

\$19.99 (Paperback)

Available in print and e-book formats from Our Book Library, Barnes & Noble, and other major book retailers.

Buy Now

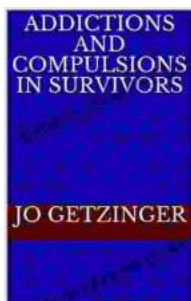
Testimonials



“ "Dr. Carter's book is a lifeline for survivors grappling with addiction and compulsion. It brings to light the hidden wounds of trauma and offers a compassionate and effective path to healing." - Dr. David Kessler, author of "The End of Overeating"”



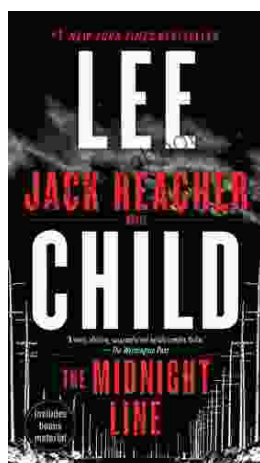
“ 'Addictions and Compulsions in Survivors' is a tour de force. Dr. Carter's insights and practical tools are invaluable for both survivors and those who support them.” - Dr. Judith Herman, author of "Trauma and Recovery" ”



Addictions and Compulsions in Survivors by Ed Back

★★★★★ 5 out of 5

Language : English
File size : 1476 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 10 pages



Uncover the Secrets in the Dead of Night: Dive into Lee Child's Gripping "The Midnight Line"

Step into the heart-stopping world of Jack Reacher, the legendary nomad with a keen eye for justice and a relentless pursuit of the truth. In Lee Child's gripping novel,...



Ace the GMAT Grammar Section: Your Last-Minute Preparation Guide

The GMAT is a challenging exam, but with the right preparation, you can achieve your target score. Last Minute GMAT Grammar is your ultimate guide to conquering...