



Ptsd Self Help - Transforming Survival Into a Life Worth Living

A. E. Huppert

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Post Traumatic Stress Disorder doesn't have to be a lifetime sentence . . . mere survival is optional. Have you: • Lost someone you know to suicide, war, or natural disaster? • Experienced something you just can't 'get over'? • Tried counseling, talk therapy or support groups without success? Need help: • Explaining PTSD to others? • Getting your spouse/family on board? • Understanding what's happening & why? For the first time, A.E. Huppert, co-founder of 343 Soulutions, reveals details about why she struggled for 30 years as a PTSD survivor, the three years it took to find freedom, and what it's like to savor living 100% symptom free for almost nine years. She's helped hundreds of people discover their passion and change their lives through her life coaching business. Today, she brings it all together to help you find a personal pathway to healing PTSD. Now, it's your turn. Is it possible to walk away from PTSD forever? The answer just might surprise you. PTSD Self Help: Transforming Survival into a Life Worth Living is an entirely new approach, a life-changing "wellness system" that will guide you through: • Workable, empowering tools • How to hire a counselor • Easy-to-follow suggestions • Practical activities for healing • An Emergency Plan of Action • How to create a Healing Team • Low/no cost DIY alternatives • And so much more! PTSD Self Help: Transforming Survival into a Life Worth Living is a revolutionary approach to building mental health and a powerful program for self-discovery as well. Here is a unique guidebook designed to take you from suffering skeptic to enlightened champion by fully integrating these life-changing lessons. You'll find insider tips, practical do-it-yourself exercises, behind-the-diagnosis explanations and a narrative account of the author's own personal transformative experience. However, the lessons here are not just about healing from PTSD - they are about becoming fearless, demonstrating what it means to be an enlightened survivor, and living an examined life with confidence. Whether your goal is complete healing from PTSD or understanding how it impacts someone you care about, there's never been a better time to achieve wholeness. Would you like to know the secrets to walking away from PTSD forever? Let PTSD Self Help: Transforming Survival into a Life Worth Living show you the way.

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