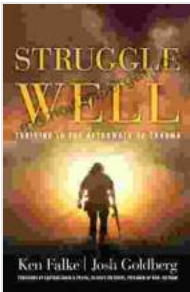


Struggle Well: Thriving in the Aftermath of Trauma



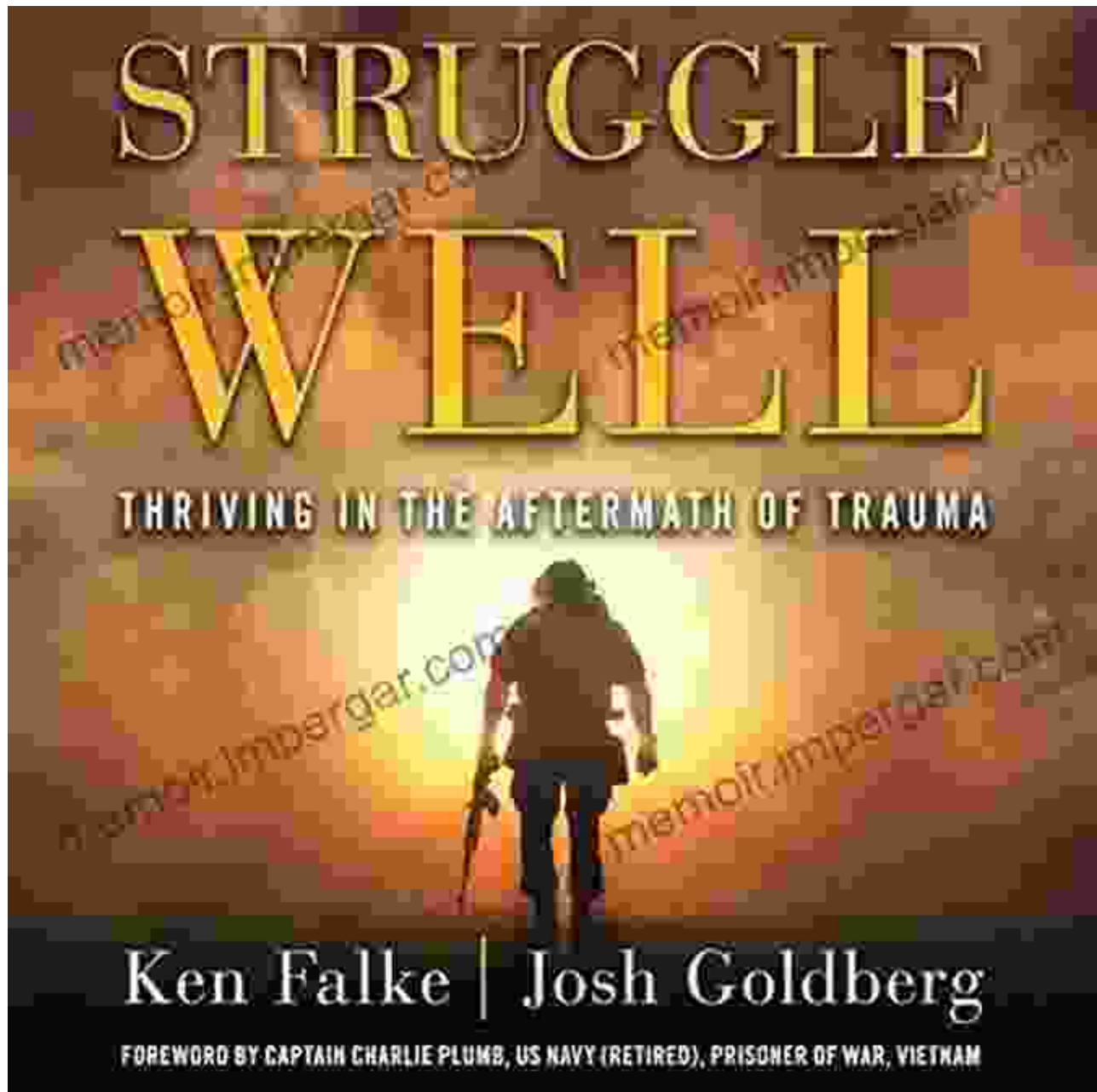
Struggle Well: Thriving in the Aftermath of Trauma

by Ken Falke

★★★★☆ 4.7 out of 5

Language : English
File size : 3381 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 350 pages
Lending : Enabled





If you're struggling with the aftermath of trauma, you're not alone.

Trauma is a common experience, and it can have a profound impact on our lives. It can lead to a variety of problems, including:

- Post-traumatic stress disorder (PTSD)
- Anxiety

- Depression
- Substance abuse
- Relationship problems
- Physical health problems

If you're struggling with any of these problems, it's important to know that you're not alone. There are many people who have been through similar experiences, and there is hope for healing.

Struggle Well is a comprehensive guide to help you understand your experience, heal from your wounds, and build a fulfilling life.

Written by a trauma survivor for trauma survivors, this book offers practical advice, powerful stories, and evidence-based strategies to help you thrive in the aftermath of trauma.

In *Struggle Well*, you'll learn about:

- The different types of trauma and their impact on the mind and body
- The symptoms of trauma and how to recognize them in yourself and others
- The different paths to healing from trauma
- How to cope with the challenges of living with trauma
- How to build a fulfilling life after trauma

Struggle Well is an essential resource for anyone who is struggling with the aftermath of trauma. It offers hope, healing, and the tools you need to

thrive.

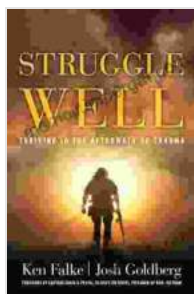
Free Download your copy of Struggle Well today and start your journey to healing.

Struggle Well is available now on Our Book Library, Barnes & Noble, and IndieBound.

You can also Free Download a signed copy of the book directly from the author's website.

About the Author

Dr. Sarah Hunter is a trauma survivor and a clinical psychologist specializing in trauma recovery. She is the author of Struggle Well: Thriving in the Aftermath of Trauma. Dr. Hunter has appeared on numerous television and radio shows, including The Oprah Winfrey Show, The Today Show, and Good Morning America. She is a sought-after speaker and trainer on trauma recovery.



Struggle Well: Thriving in the Aftermath of Trauma

by Ken Falke

★★★★★ 4.7 out of 5

Language : English
File size : 3381 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 350 pages
Lending : Enabled

FREE

DOWNLOAD E-BOOK



Visual Diagnosis and Care of the Patient with Special Needs

A Comprehensive Guide for Healthcare Professionals This comprehensive guide provides healthcare professionals with a wealth of information on the visual diagnosis and care...



Practical Guide Towards Managing Your Emotions And Raising Joyful Resilient Kids

In today's rapidly changing and often overwhelming world, our children face unprecedented challenges that can impact their emotional well-being...