



Your Life After Trauma: Powerful Practices to Reclaim Your Identity

Michele Rosenthal

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Restoring your sense of self after trauma.

“In 1981 as a thirteen-year-old child I was given a routine antibiotic for a routine infection and suffered anything but a routine reaction. An undiscovered allergy to the medication turned me into a full-body burn victim almost overnight. By the time I was released from the hospital I had lost 100% of my epidermis. Even more importantly, I had completely lost myself.”

Now a professional coach who specializes in helping trauma victims rebuild their lives, Michele Rosenthal struggled with the effects of medically-induced post-traumatic stress disorder (PTSD) for over 25 years before reaching a full recovery. Today, she is 100% free of symptoms of PTSD. In this book, she applies her personal experience and professional wisdom to offer readers an invaluable roadmap to overcoming their own trauma, in particular the loss of sense of self that often accompanies it.

If you suffer from the effects of trauma or PTSD, whether it was caused by a single-incident like a car accident, or from chronic childhood abuse, domestic violence, illness, or war trauma, you are well aware of how disconnected you feel from the person you most deeply wish to be. Trauma interrupts—even hijacks—your identity. To cope, you may rely on mechanisms to keep your emotions, triggers, and responses in check, but these very habits can often prevent the true restoration of safety, stability, and inner connection. How can you rediscover your sense of self so that you honor who you were before the trauma (even if that trauma began at birth), understand who you are at this very moment, and determine who you want to be going forward?

Like a therapist in your back pocket, *Your Life After Trauma* guides you in finding answers to these tough questions. Expertly written by a helping professional who keenly understands the post-trauma identity crisis that is so common among trauma and PTSD sufferers, it is a simple, practical, hands-on recovery workbook. Filled with self-assessment questionnaires, exercises, tips, and tools—not to mention insightful personal and professional vignettes—it takes readers through a step-by-step process of healing the identity crisis, from understanding some of the basic brain science behind trauma and why you feel the way you do, to recognizing who you were (or had the potential to be) before the trauma, who you are today, after the trauma, and who you want to become. With this book by your side, it is possible to regain a sense of calm, confidence, and control on your road to recovery.

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Brian Lopez:

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Jane Garner:

Reading a reserve tends to be new life style within this era globalization. With studying you can get a lot of information that could give you benefit in your life. Having book everyone in this world may share their idea. Books can also inspire a lot of people. Many author can inspire their own reader with their story or their experience. Not only the story that share in the textbooks. But also they write about the knowledge about something that you need instance. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors these days always try to improve their skill in writing, they also doing some investigation before they write with their book. One of them is this Your Life After Trauma: Powerful Practices to Reclaim Your Identity.

Marlin Brogan:

Precisely why? Because this Your Life After Trauma: Powerful Practices to Reclaim Your Identity is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will shock you with the secret this inside. Reading this book alongside it was fantastic author who write the book in such awesome way makes the content inside easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this any more or you going to regret it. This unique book will give you a lot of gains than the other book get such as help improving your skill and your critical thinking method. So , still want to hold off having that book? If I ended up you I will go to the book store hurriedly.

Lucy Broussard:

This Your Life After Trauma: Powerful Practices to Reclaim Your Identity is great reserve for you because the content which is full of information for you who always deal with world and still have to make decision every minute. That book reveal it information accurately using great arrange word or we can claim no rambling sentences inside. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean

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