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their PTSD as well. In this book, she shares the very best tools that have helped so many come through to the other side of trauma. There are several elements that make PTSD recovery enormously challenging; this is a book about making it easier. The more safe and in control you feel over your own internal experience the more safe and in control you ll be as you examine how, when, and in

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### **Military PTSD Books Operation We Are Here**

PTSD: A Fifteen Minute Guide to Combat Related Post-Traumatic Stress Disorder is an easy-to-read book which quickly covers key topics about this disorder including what combat PTSD is, what it "looks" like, how PTSD changes the brain, treatment options, where to get help, and where to find additional info and support.

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Book Description HTML. A great 18 page reference on the detection, symptoms and treatment of PTSD (Post Traumatic Stress Disorder) from the National Institute of Health.

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### **PTSD and the Military Verywell Mind**

PTSD and the Military. PTSD is very common for those who have served in the military. Learn more about the prevalence of this mental illness and the risk factors for veterans.

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The Post-Traumatic Stress Disorder Sourcebook. This book covers PTSD very well - from the "hows" and "whys" to different treatment options. Many Veterans, family members, and others who suffer from PTSD have

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