



# **PTSD: Post Traumatic Stress Disorder: Overcome The Pain, Start Living Again (PTSD, Post- Traumatic Stress, and Emotional Trauma Help Guides Book 1)**

*John Mackey*

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## **Overcome YOUR Pain, and Start **LIVING** Again!**

**Read this book for FREE with your Kindle Unlimited Subscription!**

Do you suffer from PTSD? Do you feel like no one understands what you are going through? Maybe you are not sure if you suffer from PTSD. How can you tell? Do you have a loved one suffering and you don't know how to help them?

**PTS/PTSD (Post-Traumatic Stress / Post Traumatic Stress Disorder)** was once called shell shock or combat fatigue because soldiers returning from battle frequently experienced flashbacks or anxieties as a result of the experiences of combat.

It is now known and accepted that combat or military related **PTSD** is not the only form of **PTSD** that people suffer from. **PTSD** is a condition that can affect anyone who has experienced overwhelming emotional stress that comes from experiencing shocking or frightening events. Victims of crime, child or spousal abuse, natural disasters, first responders, and anyone who has witnessed horrible events taking place to others can also be affected.

**Left untreated, the condition can bring profound depression, anger, stress anxiety, or worse, suicidal thoughts.**

In the United States alone, over **8 Million** people have already been diagnosed with this condition - and the number is constantly rising. This condition is treatable, but each individual is unique and must receive specialized care.

**WHAT YOU CAN DO RIGHT NOW:** Make the decision to get help today!

There is **NO** shame in asking for help. Don't tell yourself that it will go away on its own, or that you have to just keep to yourself and deal with the trauma in your own way.

**THE SOLUTION?** Download "PTSD: Overcome the Pain, Start Living Again."

**With this book you will learn:**

- *What are the common signs and symptoms of PTSD*
- **The Causes of PTSD and Risk Factors**
- **Seeking Help - What you can expect during Your consultation with the Doctor, what are some of the tests and diagnosis for PTSD**
- **What are some treatment methods for PTSD**
- **What to do when a loved one has PTSD**
- **How to continue to live a productive life with PTSD**

It has been said that every journey starts with a single step. Your first step, sometimes a very private one, can be in reading this book. John Mackey provides valuable information, but he also provides the compassionate sensitivity of someone who has been where you are today.

## **WOULD YOU LIKE TO KNOW MORE?**

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