



## The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience, and Take Back Your Life (Paperback)

By Sheela Raja

New Harbinger Publications, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Your trauma doesn't need to define you. In *The PTSD Survival Guide for Teens*, trauma specialist Sheela Raja—along with her teen daughter Jaya Ashrafi—offers evidence-based skills to help you find strength, confidence, and resilience in the aftermath of trauma. If you've experienced trauma or suffer from post-traumatic stress disorder (PTSD), the world can seem like a very frightening place. You may even question your own deeply held beliefs, as well as the motives of others. It's important for you to know that you aren't alone, and there isn't anything wrong with you. Many teens have suffered traumatic events, and there are solid skills you can learn that will help you recover. So, how can you begin healing and start building the life you were always meant to lead? In this compassionate guide, you'll find skills based in cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) to help you tackle anxiety and harmful avoidance behaviors; manage negative emotions; cope with flashbacks and nightmares; and develop trusting, healthy relationships—even if your trust in others...



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