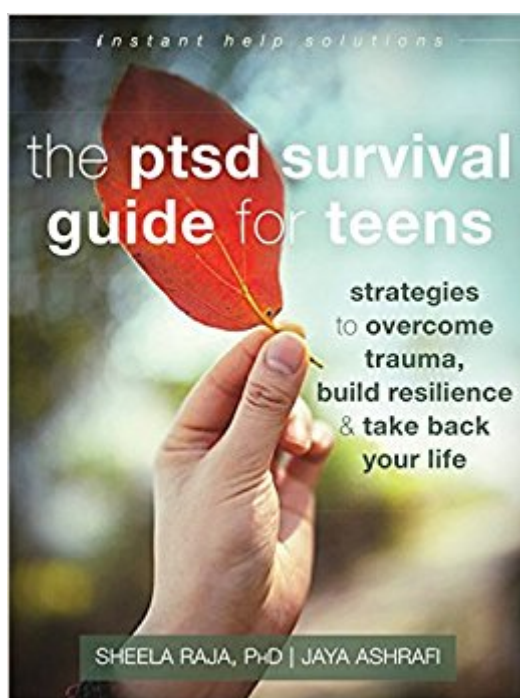


The book was found

# The PTSD Survival Guide For Teens: Strategies To Overcome Trauma, Build Resilience, And Take Back Your Life (The Instant Help Solutions Series)



## Synopsis

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 has been shaken to the core. You'll also learn more about the diagnosis and symptoms of PTSD and understand what kind of help is available to you. Whether you've been diagnosed with PTSD or are simply living with the aftereffects of a traumatic event, you shouldn't have to suffer alone. This book will help you to find strength within so you can move forward.

## Book Information

Series: The Instant Help Solutions Series

Paperback: 152 pages

Publisher: Instant Help; 1 edition (February 2, 2018)

Language: English

ISBN-10: 1626259909

ISBN-13: 978-1626259904

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,633,802 in Books (See Top 100 in Books) #31 in Books > Teens > Social Issues > Sexual Abuse #36 in Books > Teens > Social Issues > Physical & Emotional Abuse #142 in Books > Teens > Personal Health > Depression & Mental Health

## Customer Reviews

Sheela Raja, PhD, is a licensed clinical psychologist and author of *Overcoming Trauma and PTSD* and *The Sexual Trauma Workbook for Teen Girls*. Raja is an associate professor at the University

of Illinois at Chicago, where she researches the impact of trauma on health. Raja completed internship and post-doctoral training at the National Center for PTSD in Boston, MA. She is a highly sought-after national and international speaker, a blogger forÂ The Huffington Post, and a frequent contributor to various print and television media outlets. Jaya Raja Ashrafi is a middle school student who is passionate about social justice and treating children and teens with dignity and respect. She is an honors student and was the recipient of a civic action scholarship, where she learned about how tweens and teens can become involved in the fight against poverty, homelessness, substance abuse, and discrimination.

[Download to continue reading...](#)

The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience, and Take Back Your Life (The Instant Help Solutions Series) Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Trauma Surgery: Volume 1: Trauma Management, Trauma Critical Care, Orthopaedic Trauma and Neuro-Trauma The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) Beyond the Blues: A Workbook to Help Teens Overcome Depression (An Instant Help Book for Teens) Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster (Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker 5) Instant Pot Cookbook: Top 10 Electric Pressure Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes) Instant Pot: The AMAZING Pocket Cookbook for Instant Pot Cooking (1,500 Bonus Recipes! Instant Pot, Instant Pot Recipes, Instant Pot Cookbook, Pressure Cooker Recipes, Pressure Cooker Cookbook) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) Beyond the Blues: A Workbook to Help Teens Overcome Depression (Teen Instant Help) Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life (An Instant Help Book for Teens) The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others (The Instant Help Solutions Series) The iRest Program for Healing PTSD: A Proven-Effective Approach to Using Yoga

Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Surviving the Emotional Roller Coaster: DBT Skills to Help Teens Manage Emotions (The Instant Help Solutions Series) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Instant Pot Cookbook: 101 Healthy and Easy Instant Pot Recipes For Your Pressure Cooker (Instant Pot Cookbook, Pressure Cooker Recipes Book, Vegan Instant Pot Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)