



# Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life

*Jasmin Lee Cori*

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## **Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life** Jasmin Lee Cori

While there are many different approaches to healing trauma, few offer a wide range of perspectives and options. With innovative insight into trauma-related difficulties, Jasmin Lee Cori helps you: Understand trauma and its devastating impacts Identify symptoms of trauma (dissociation, numbing, etc.) and common mental health problems that stem from trauma Manage traumatic reactions and memories Create a more balanced life that supports your recovery Choose appropriate interventions (therapies, self-help groups, medications and alternatives) Recognize how far you've come in your healing and what you need to keep growing Complete with exercises, healing stories, points to remember, and resources, this is a perfect companion for anyone seeking to reclaim their life from the devastating impacts of trauma.

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