



How to Cope with Stress After Trauma: Especially for Veterans, Their Families and Friends

E. Anna Goodwin

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Do you or someone you know suffer from the stress of a past trauma? This book is a timely and comprehensive guide, especially for veterans, their families and friends, to help them cope after veterans return from war. The book includes a stress test, Post Trauma Stress information, twenty recovery steps for veterans, and a section for families and friends to help them deal with their veteran, themselves, and their children. Although the stories are specifically of veterans, the listed strategies are as valuable for others severely stressed after any trauma. Psychotherapists and groups can also use these healing steps as an adjunct to other techniques.

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