



# Post-Traumatic Stress Derailment: A Trauma Survivor's Guide to Getting Back on Track

*Afrah Caraballo*

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## **Post-Traumatic Stress Derailment: A Trauma Survivor's Guide to Getting Back on Track** Afrah Caraballo

No matter where trauma comes from, it's always violent. It breaks hearts and shatters shields - regardless if it's caused by an earthquake, fire, flood, hurricane, abuse, a car crash, murder, or something else. Those who suffer from trauma often wonder if there's something wrong with them. Afrah Caraballo, a licensed clinical social worker specializing in mental and emotional trauma, wants those who suffer to know that there are logical explanations for their feelings and behaviors. She helps caregivers and victims of trauma: Identify the cause of the problem; Validate loss and begin the healing process; Overcome the sense of guilt and shame that hold many hostage. You'll also discover how to recognize the symptoms of post-traumatic stress disorder and get details on how trauma affects different age groups. Regardless if you're a clinical social worker, victim of trauma, or caregiver to someone who is suffering, you'll find this guide an invaluable tool to helping yourself and others.

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Why? Because this Post-Traumatic Stress Derailment: A Trauma Survivor's Guide to Getting Back on Track is an unordinary book that the inside of the book waiting for you to snap it but latter it will jolt you with the secret the idea inside. Reading this book alongside it was fantastic author who write the book in such remarkable way makes the content on the inside easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This unique book will give you a lot of benefits than the other book include such as help improving your skill and your critical thinking means. So , still want to hold up having that book? If I were being you I will go to the publication store hurriedly.

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