



The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms

Mary Beth Williams, Soili Poijula

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The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms

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In *The PTSD Workbook*, two psychologists and trauma experts gather together techniques and interventions used by PTSD experts from around the world to offer trauma survivors the most effective tools available to conquer their most distressing trauma-related symptoms. Readers learn how to determine the type of trauma they experienced, identify their symptoms, and learn the most effective strategies they can use to overcome them.

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