



Loving Someone with PTSD: A Practical Guide to Understanding and Connecting with Your Partner after Trauma (The New Harbinger Loving Someone Series)

Aphrodite T. Matsakis

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Post-traumatic stress disorder (PTSD) can present with a number of symptoms, including anxiety, depression, flashbacks, and trouble sleeping. If your partner has PTSD, you may want to help, but find yourself at a loss.

The simple truth is that PTSD can be extremely debilitating—not just for the person who has experienced trauma first-hand, but for their partners as well. And while there are many books written for those suffering from PTSD, there are few written for the people who love them. In *Loving Someone with PTSD*, renowned trauma expert and author of *I Can't Get Over It!*, Aphrodite Matsakis, presents concrete skills and strategies for the partners of those with PTSD.

With this informative and practical book, you will increase your understanding of the signs and symptoms of PTSD, improve your communication skills with your loved one, set realistic expectations, and work to create a healthy environment for the both of you. In addition, you will learn to manage your own grief, helplessness, and fear regarding your partner's condition.

PTSD is a manageable disability. While it isn't your responsibility to rescue your partner or act as his or her therapist, this book will help you be supportive and implement strategies for lessening the negative impact of PTSD—not just for your partner, but for your relationship, and, importantly, for yourself.

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Angel Echols:

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Rebecca Bonnett:

Loving Someone with PTSD: A Practical Guide to Understanding and Connecting with Your Partner after Trauma (The New Harbinger Loving Someone Series) can be one of your basic books that are good idea. We recommend that straight away because this book has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to get every word into joy arrangement in writing Loving Someone with PTSD: A Practical Guide to Understanding and Connecting with Your Partner after Trauma (The New Harbinger Loving Someone Series) but doesn't forget the main level, giving the reader the hottest along with based confirm resource information that maybe you can be certainly one of it. This great information can easily drawn you into fresh stage of crucial pondering.

Loretta Pena:

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