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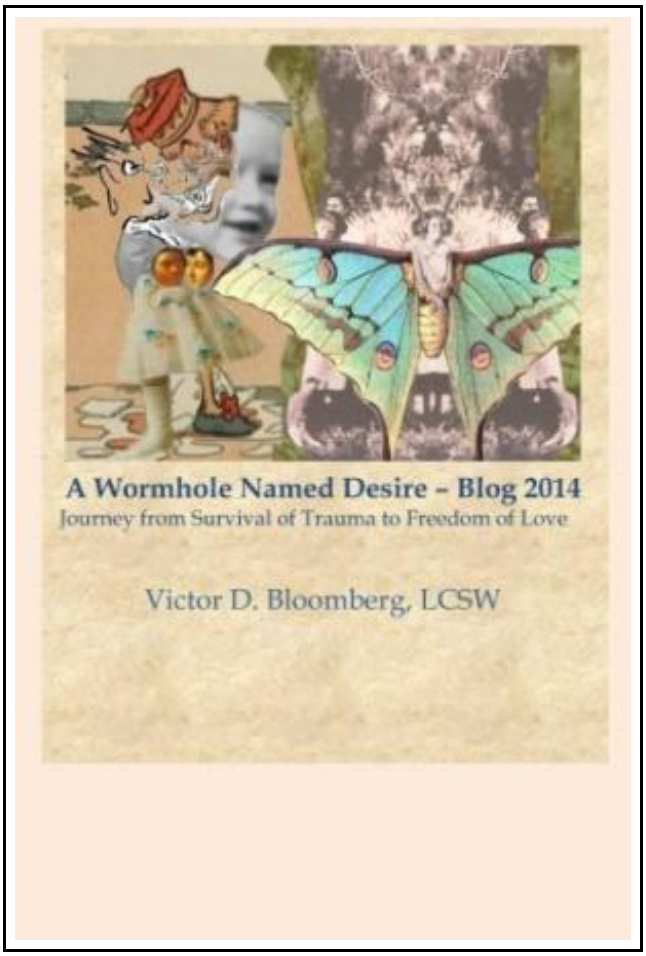

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Reviews

This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throgh reading time. Your life span will be enhance when you complete looking at this publication.

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The story begins with the video, A Wormhole Named Desire: A Three Part Love Story. Using original illustrations, prose and poetry, the journey of attaining freedom from Post Traumatic Stress is told. It is posted on YouTube. A Wormhole Named Desire - Blog 2014: Journey from Survival of Trauma to Freedom of Love expands upon the video. The presentation of a cogent vision of healing is unique, blending the therapist s personal experience with cultural icons. Psychotherapy concepts are demystified. The reader is guided through a series of reflective questions to apply the understanding to their own life. ---------- From the book: Cultural traditions and values help a survivor build trust. Core beliefs filter experience, screen (reject) the unmanageable, and allow for the reinforcement of strength. As strength increases, the person manages a wider range of experiences (in terms of variety, intensity, duration and frequency). Positive experiences provide affirmation. A survivor who is on a path of healing increasingly sees characteristics that are common among trustworthy people. Perseverance is essential, because: -A con artist fools their victim, -An extreme narcissist manipulates through giving, and -A muddled person confuses self and others. Emotionally, self is confused with other. In an effort to guard against replication of past, Humpty becomes fiercely resolved to reject false notions of The Shroud . A survivor is sensitive to injustice as a burn victim cannot tolerate exposure to heat. -What are your passions? -Are any of your passions in opposition to something? The essence of survival is that a person derives pleasure and hope from good things and at the same time is especially sensitive to pain. The survivor has an early warning system that...

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