



# Many Faces of PTSD: Does Post Traumatic Stress Disorder Have a Grip On Your Life?

*Susan Rau Stocker*

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Person-centered instead of theory-centered, this resource provides a basic context for understanding how post-traumatic stress disorder (PTSD) affects people and those around them. Compassionate, firsthand knowledge of the different ways in which PTSD manifests itself are described throughout the 12 case studies examined in this guide. Bringing this mental health issue to light for sufferers, families, and friends, these stories illuminate the confusion that often surrounds the behaviors and reactions associated with PTSD and can increase understanding, patience, and awareness. A piece of reflective foil covers the middle of the front cover of this book, so that readers view themselves when looking upon it.

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