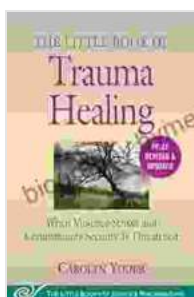


The Little Book of Trauma Healing: A Guided Journal for Overcoming Trauma and Building Resilience

Are you struggling to cope with the effects of trauma?

If you've experienced trauma, you know how it can feel like an unbearable weight, crushing down on you and making it difficult to function. You may feel overwhelmed, lost, and alone. You may be struggling to cope with your emotions, and you may be feeling like there's no way out.



The Little Book of Trauma Healing: Revised & Updated: When Violence Strikes and Community Security Is Threatened (Justice and Peacebuilding) by Carolyn Yoder

★★★★☆ 4.9 out of 5

Language	: English
File size	: 6429 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 141 pages



The Little Book of Trauma Healing is here to help.

This guided journal provides a safe and supportive space for you to explore your trauma, process your emotions, and begin the journey to healing and recovery. The journal includes:

- Prompts to help you identify and understand your trauma
- Exercises to help you process your emotions and release trauma
- Strategies for coping with triggers and difficult memories
- Tools for building resilience and self-compassion

The Little Book of Trauma Healing is a valuable resource for anyone who is struggling to cope with the effects of trauma.

If you're ready to start on the journey to healing and recovery, Free Download your copy of The Little Book of Trauma Healing today.

What people are saying about The Little Book of Trauma Healing:



“ "This journal has been a lifesaver for me. I've been struggling with PTSD for years, and I've tried a lot of different therapies, but nothing has helped me as much as this journal. The prompts are so helpful, and the exercises have really helped me to process my trauma and start to heal." ”

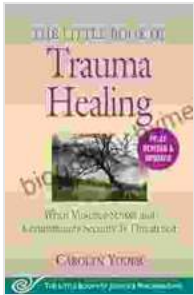


“ "I'm so grateful for this journal. It's helped me to understand my trauma and to find ways to cope with it. I'm finally starting to feel like myself again." ”



“ "This journal is a must-have for anyone who is struggling with trauma. It's a safe and supportive space to explore your trauma and to begin the journey to healing and recovery." ”

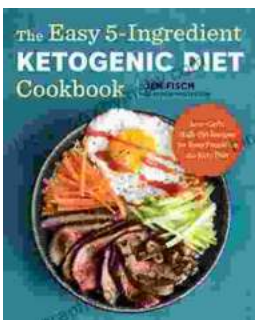
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