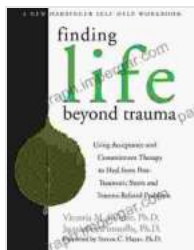


Finding Life Beyond Trauma: A Journey of Resilience, Healing, and Empowerment

By Sarah Jones

In the wake of trauma, it can feel like life has been irrevocably shattered. The pain, fear, and shame can be overwhelming, and it can be difficult to imagine ever feeling whole again. But there is hope. In Finding Life Beyond Trauma, author Sarah Jones shares her own personal story of overcoming trauma, and provides practical tools and strategies for readers to find their own path to recovery.



Finding Life Beyond Trauma: Using Acceptance and Commitment Therapy to Heal from Post-Traumatic Stress and Trauma-Related Problems (A New Harbinger Self-Help Workbook)

★★★★☆ 4.6 out of 5

Language : English
File size : 2450 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 280 pages



Jones's journey began in childhood, when she was sexually abused by a family member. The abuse continued for years, and it had a devastating impact on her life. She struggled with depression, anxiety, and self-harm, and she eventually dropped out of school. As an adult, she continued to

struggle with the effects of trauma, and she found herself in a cycle of addiction and self-destruction.

But Jones was determined to find a way to heal. She sought out therapy, and she began to learn about the effects of trauma on the brain and body. She also began to practice self-care and mindfulness, and she started to build a support network of people who loved and supported her.

Over time, Jones began to heal. She learned how to manage her symptoms, and she began to rebuild her life. She went back to school, and she eventually earned a degree in social work. She also became a certified yoga teacher, and she now works with other survivors of trauma.

Jones's story is a powerful testament to the resilience of the human spirit. It is a story of hope, healing, and empowerment. *Finding Life Beyond Trauma* is a must-read for anyone who has experienced trauma, and it is a valuable resource for anyone who works with survivors of trauma.

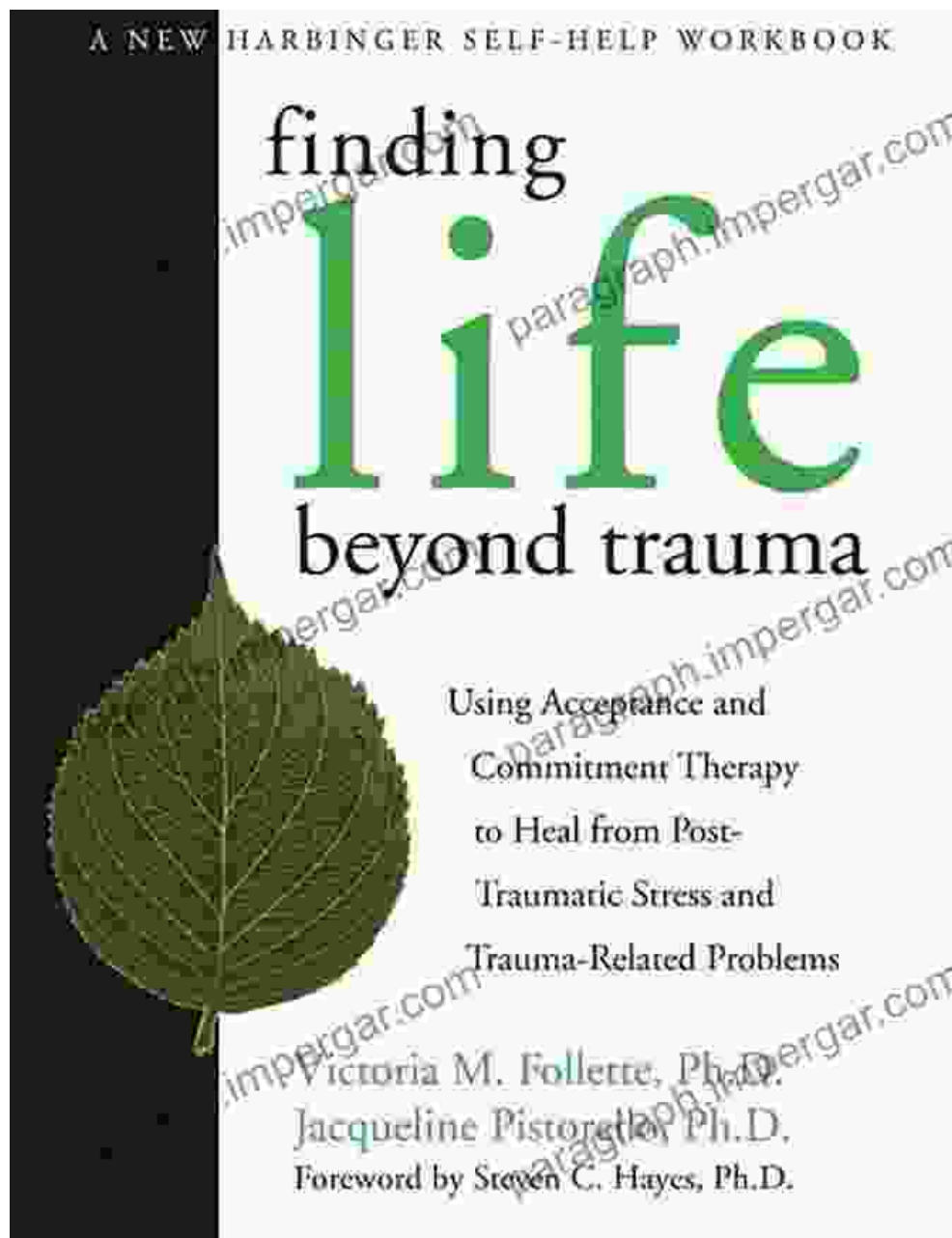
In this book, you will learn:

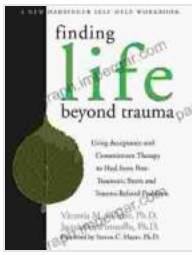
- The different types of trauma and how they can affect your life
- The signs and symptoms of trauma
- How to cope with the effects of trauma
- How to find healing and recovery
- How to build a support network
- How to advocate for yourself and others

Finding Life Beyond Trauma is a powerful and inspiring book that offers hope and healing to those who have experienced trauma. It is a must-read for anyone who is on a journey of recovery.

Free Download your copy today!

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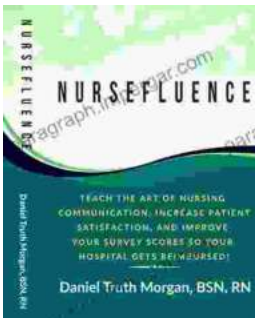




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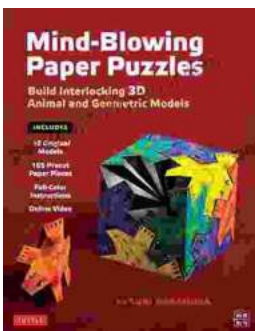
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