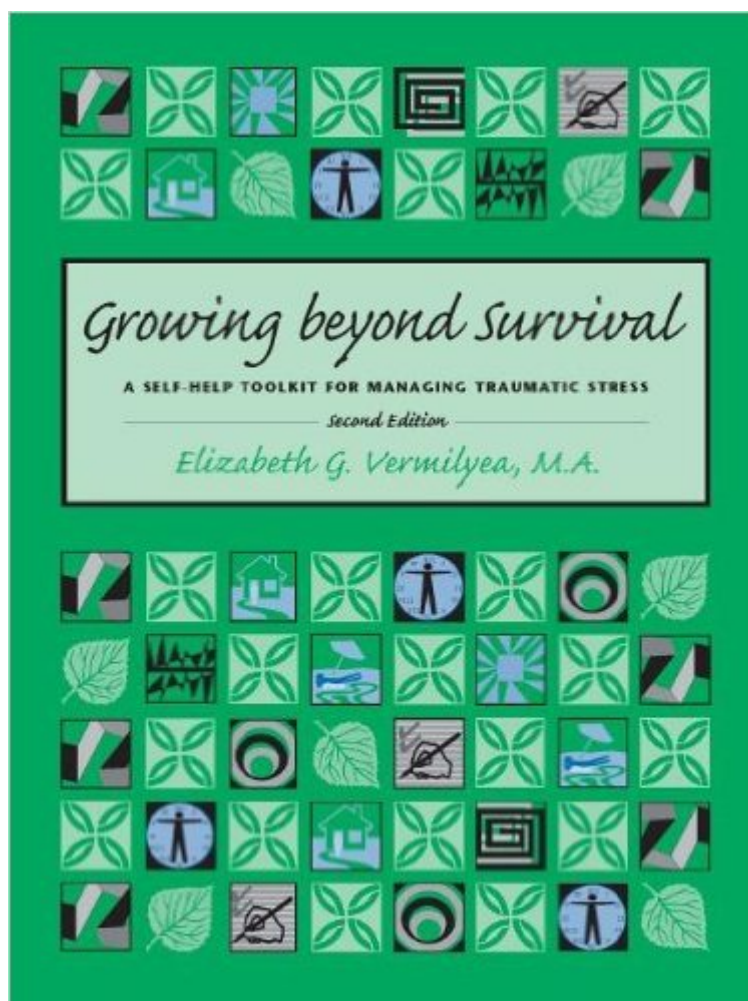


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# Growing Beyond Survival: A Self-Help Toolkit For Managing Traumatic Stress, Second Edition



## Synopsis

The revision of *Growing beyond Survival* updates and strengthens what was already a superb resource for survivors of all types of traumatic experiences. This is a practical, user-friendly guidebook that does what it sets out to do, namely, to provide trauma survivors with a toolbox of strategies to help them heal and recover.

## Book Information

Perfect Paperback: 204 pages

Publisher: Sidran Press; Second edition (May 8, 2013)

Language: English

ISBN-10: 1886968225

ISBN-13: 978-1886968226

Product Dimensions: 10.9 x 8.2 x 0.6 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #294,615 in Books (See Top 100 in Books) #295 in [Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder](#) #317 in [Books > Reference > Survival & Emergency Preparedness](#) #379 in [Books > Self-Help > Abuse](#)

## Customer Reviews

This book is excellent, practical, and easy to follow. As a psychiatric nurse, I have occasion to teach education groups and have found that the exercises in the book are extremely effective in that setting. Elizabeth presents the information in a clear, accessible format with plenty of encouragement along the way. In addition, I have used the book for myself (another true test!) and made progress in my own life. My only criticism is the title as I believe it's somewhat deceiving: MOST of us have dealt with "traumatic stress" in some form or another in our lives. While obviously not everything in the book will apply to everyone, there is a great amount of help for anyone who struggles with "baggage" from the past. I continue to recommend this book to both psychiatric professionals as well as friends and family.

If I could recommend 1 book for trauma survivors, it would be this book. I struggle with PTSD and DID, and this book is a collection of activities for dealing with different aspects of PTSD. I've the dubious distinction of having been a client of 2 very good trauma survivor hospital programs, and this book summarizes the best of both programs. It won't do the work for you, but it will help. I always

recommend finding a skilled therapist to work through things with. The book alone could be very overwhelming.

This is an incredibly helpful book!! After several years of trauma therapy, reading dozens of books, articles, and professional journals, and taking classes, this book explains trauma in a point blank simple way that increased my understanding of trauma and how it develops into PTSD and other disorders. Better yet it is packed full of easy to understand and use tools for coping. I would recommend it for all survivors and have bought multiple so I can share with others who try to understand or who would benefit personally.

This book is the real thing, written by someone with both credentials and experience - and compassion. Unlike the all too common pop-psych pap on the market, this book has great insights and contains proven skill building exercises to help the reader to (as the title says) move beyond mere survival and into the joy of a life worth living. As with learning any skill, practice is key and you need to keep doing the exercises over and over to get good at it - the good news is the skills for healing yourself and moving forward can be learned and this is the book to do it. The best book available for self-help that I know of, period.

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