



Understanding Traumatic Stress

Nigel Hunt, Sue McHale

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Traumatic events are common, and range from road traffic accidents, through rape and sexual abuse, to disaster and war. While many people deal effectively with these experiences, a minority have severe problems, which are often manifested as post-traumatic stress disorder (PTSD). The book is aimed at those with PTSD and those who are caring for someone with the disorder. It includes a strong focus on wounded military personnel.

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