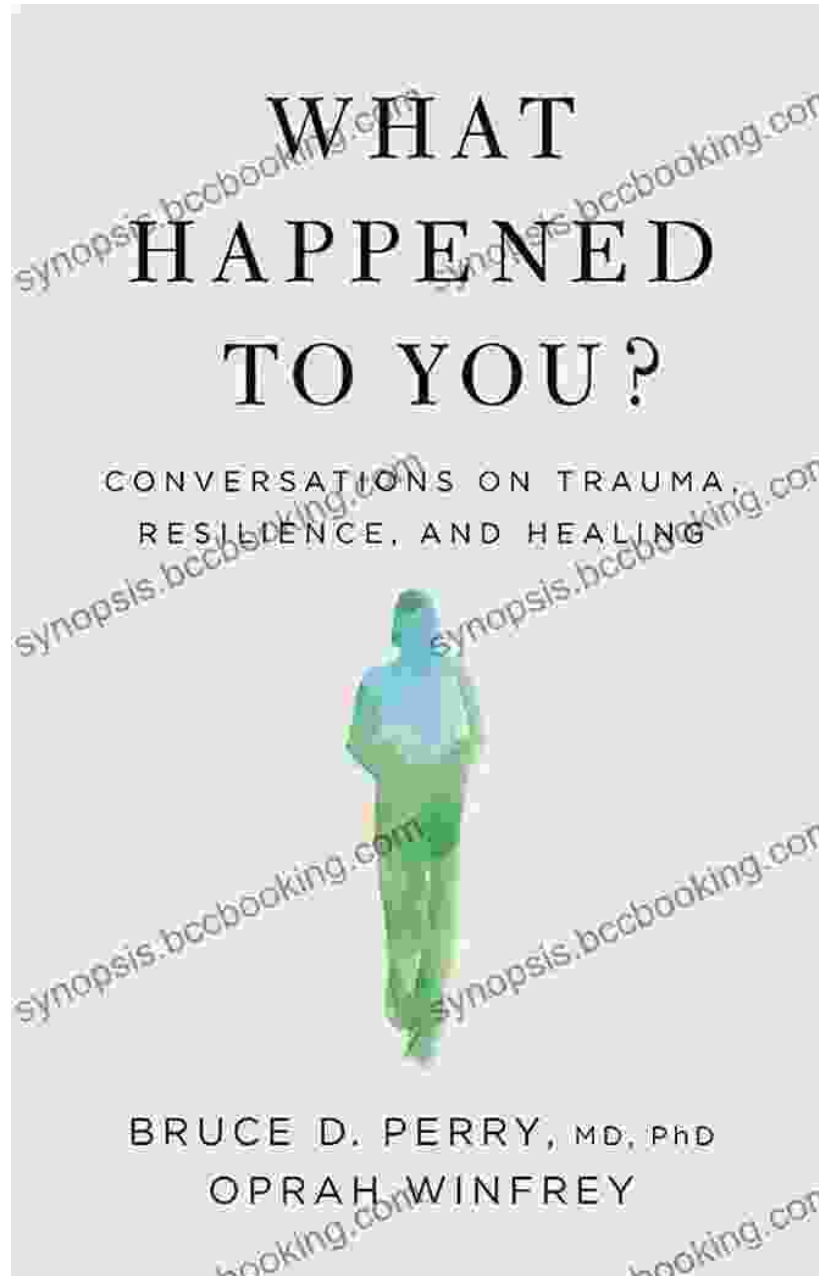


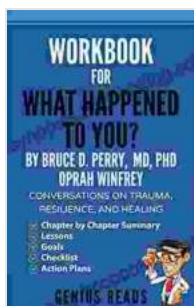
# Conversations On Trauma Resilience And Healing: An Empowering Guide



**Reclaim Your Well-being After Trauma: Expert Insights, Personal Stories, and Practical Tools**

Trauma can shatter our sense of safety and well-being, leaving us feeling lost, broken, and alone. But recovery is possible. In 'Conversations On Trauma Resilience And Healing', leading experts and survivors share their insights, personal stories, and practical tools to help you reclaim your life after trauma.

This empowering guide will help you:



**Workbook for What Happened to You? By Bruce D. Perry, MD, PhD & Oprah Winfrey: Conversations on Trauma, Resilience, and Healing** by Genius Reads

★ ★ ★ ★ ☆ 4.5 out of 5

Language : English  
File size : 671 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Print length : 66 pages  
Lending : Enabled



- Understand the impact of trauma on your mind, body, and spirit
- Identify and overcome the challenges of recovery
- Develop coping mechanisms and resilience skills
- Find support and build a network of healing
- Rediscover your hope and purpose

'Conversations On Trauma Resilience And Healing' is a lifeline for anyone who has experienced trauma. It offers hope, healing, and the tools you need to rebuild your life.

## What Others Are Saying



***“ "This book is a powerful and essential resource for anyone who has experienced trauma. It provides a wealth of information and support, and it offers a beacon of hope for healing and recovery." - Dr. Bessel van der Kolk, author of The Body Keeps the Score”***



***“ "Conversations On Trauma Resilience And Healing' is a must-read for anyone who wants to understand and overcome the effects of trauma. It is full of practical advice and compassionate insights that will help you on your journey to healing." - Dr. Judith Herman, author of Trauma and Recovery”***

## About the Authors

**Dr. Janina Fisher** is a licensed clinical psychologist who specializes in the treatment of trauma. She is the founder and director of the Trauma Recovery Center in New York City.

**Dr. Mark Epstein** is a psychiatrist and author who has written extensively on the connection between mind and body. He is the author of the bestselling book *The Trauma of Everyday Life*.

**Sarah Wilson** is a survivor of trauma and the founder of the Trauma Survivors Network. She is a passionate advocate for trauma survivors and has dedicated her life to helping others heal.

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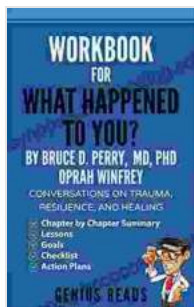
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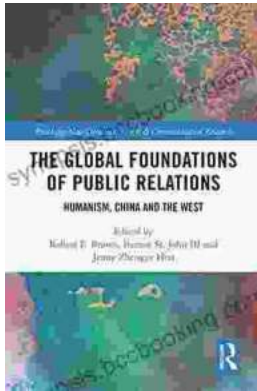


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