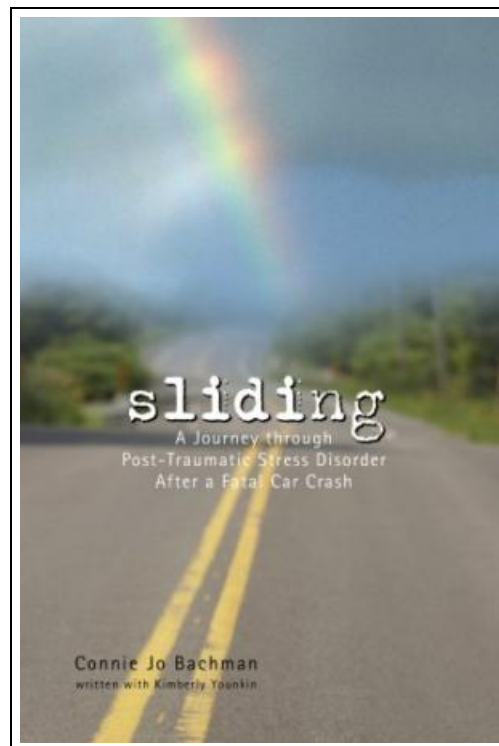


Sliding: A Journey Through Post-Traumatic Stress Disorder After a Fatal Car Crash (Paperback)



Filesize: 3.87 MB

Reviews

This is basically the very best book i have read right up until now. It is definitely simplistic but excitement in the 50 % from the ebook. Your daily life period will likely be transform as soon as you total reading this article pdf.
(Prof. Ambrose Pollich DDS)

SLIDING: A JOURNEY THROUGH POST-TRAUMATIC STRESS DISORDER AFTER A FATAL CAR CRASH (PAPERBACK)

[DOWNLOAD](#)

iUniverse, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The crisp, bright morning in December 1977 started out like any other for author Connie Bachman. The junior at Big Walnut High School was making the twelve-mile drive to school when her car spun out of control on black ice. As Bachman's car skidded across the centerline, it struck another car and killed its twenty-nine-year-old driver, Patricia Marie Sloan. In the moving memoir *Sliding: A Journey through Post-Traumatic Stress Disorder After a Fatal Car Crash*, Bachman shares her twenty-five-year struggle with and recovery from post-traumatic stress disorder. In vivid and revealing detail, she describes the disorder's painful onset following the car accident, recounts the pervasive symptoms that controlled her life, and shares how she finally began her healing journey. Bachman offers an intimate look at the recognition and manifestation of PTSD as she discusses the following: What PTSD is and how to identifying your own trauma-related symptoms Understanding the grief, shame, and survivor guilt that many experience Finding caring professionals to guide and support your healing Realizing that your life is worth living to its fullest *Sliding* is a valuable PTSD resource for those who may be thinking, That's my story, too, but have not yet found the strength to share it.

[Read *Sliding: A Journey Through Post-Traumatic Stress Disorder After a Fatal Car Crash* \(Paperback\) Online](#)[Download PDF *Sliding: A Journey Through Post-Traumatic Stress Disorder After a Fatal Car Crash* \(Paperback\)](#)

Other eBooks



Fifty Years Hence, or What May Be in 1943

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Fifty Years Hence is a quasi-fictional work by Robert Grimshaw, a professional...

[Save PDF »](#)



Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for.

Book Condition: New. Ships From Canada. New. No dust jacket as issued. Glued binding. 264 p. Contains: Illustrations. Audience: General/trade. Book Info Consumer text of recommendations backed by scientific studies. Discusses diet, allergens, vitamins and...

[Save PDF »](#)



Noah's Ark Story Puzzle Cube

Other. Book Condition: New.

[Save PDF »](#)



Shadows Bright as Glass: The Remarkable Story of One Man's Journey from Brain Trauma to Artistic Triumph

Free Press. Hardcover. Book Condition: New. 1439143102 SHIPS WITHIN 24 HOURS!! (SAME BUSINESS DAY) GREAT BOOK!!

[Save PDF »](#)



Barabbas Goes Free: The Story of the Release of Barabbas Matthew 27:15-26, Mark 15:6-15, Luke 23:13-25, and John 18:20 for Children

Paperback. Book Condition: New.

[Save PDF »](#)