



# **The Shell Shock Cure: How to Overcome Post Traumatic Stress Disorder in 30 Days or Less: (combat stress reaction, ptsd, combat stressors, war trauma, war ... pathologies, stress management)**

*Kevin Tanaka*

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## **The Shell Shock Cure: How to Overcome Post Traumatic Stress Disorder in 30 Days or Less**

**Read on your PC, Mac, smart phone, tablet or Kindle device.**

This book contains proven steps and strategies on how to overcome a most stressful and agonizing mental condition that, as of the mid 70s, has been named Post Traumatic Stress Disorder. Contrary to what many people may think, the condition is not associated with warfare veterans only.

This is a common condition for every person that has experienced a traumatic event such as a sexual assault, a serious injury, a hostage situation with threats of imminent death and other such events. The only ones that have not displayed the symptoms of the disorder are children under 10 years of age.

It is a fact that when most people refer to PTSD, they refer to war veterans as the greatest number of people suffering from the disorder are people that have been on the battlefield and especially after battles that are hard fought with many casualties and a scenery resembling a butcher house. That would be enough to get anyone sick to their stomach, let alone having participated in this scenery as an active agent.

But it is not only trauma and fighting that contributes to the existence of the disorder. The relevant research shows beyond any doubt that there are genetic, epigenetic, neurological, evolutionary and foster care reasons that are responsible for PTSD.

The traditional medical avenues treat the condition with psychotherapy and strong medicinal compounds, but there are other natural solutions available that can assist in resolving the issues that create the disorder.

## Here Is A Preview Of What You'll Learn...

- Overview of post-traumatic stress order
- Coping Mechanisms
- Conditioning of the mind
- Conditioning of the body
- Conditioning of yourself
- Much, much more!

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