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Finding Life Beyond Trauma Using

In fact, they may get worse. But the trauma you experienced lies in the unchangeable past. Because of your strength and perseverance, you survived, and now the rest of your life stretches before you. How do you want to live it? Finding Life Beyond Trauma is about living life well after a traumatic event. It uses the powerful techniques of acceptance and commitment therapy (ACT) to help you take a different approach to painful feelings and chart a new course for a rich and meaningful life.

Finding Life Beyond Trauma: Using Acceptance and ...

Finding Life Beyond Trauma: Using Acceptance and Commitment Therapy to Heal from Post-Traumatic Stress and Trauma-Related Problems. by Victoria M. Follette, Jacqueline Pistorello. 3.91 · Rating details · 56 ratings · 7 reviews. If you've experienced trauma—whether as a result of common life events like accidents or abusive personal relationships or extraordinary experiences like war or natural disasters—you may find that the pain and emotional unease you feel don't go away over time.

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