



# **The PTSD Solution: The Truth About Your Symptoms and How to Heal**

*Alan D. Wolfelt*

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# The PTSD Solution: The Truth About Your Symptoms and How to Heal

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**The PTSD Solution: The Truth About Your Symptoms and How to Heal** Alan D. Wolfelt  
**A new approach to understanding PTSD as a form of grief rather than a medical disorder**

Have you ever felt that something essential was missing from your post-traumatic stress disorder (PTSD) treatment options? If you suffer from PTSD, you know the problem is complex, but what you probably don't know—and what the medical establishment isn't telling you—is that post-traumatic stress is not fundamentally a medical disorder but rather a form of grief. Your body, mind, and soul experienced tremendous loss, and to fully integrate the many losses into your ongoing life, you must explore and express your necessary grief. In other words, you must mourn. This groundbreaking book reveals a new approach to understanding PTSD and its debilitating symptoms. With compassion and insight, it affirms the nature and severity of your experience while providing you with a step-by-step plan to transcend it. A full review of traditional medical treatments for PTSD are presented and included as part of the healing plan. Whether your PTSD is severe or more subtle, whether your traumatic experience was recent or in the distant past, this book unlocks the secret that will finally allow you to once again live and love fully.

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