



# Healing from Post-Traumatic Stress: A Workbook for Recovery

*Monique Lang*

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## **Healing from Post-Traumatic Stress: A Workbook for Recovery** Monique Lang

- A proven recovery program for survivors of all types of trauma, from 9/11 and Hurricane Katrina to life-changing accidents, losses, and other everyday tragedies
- Encompasses a wider audience than other books on this topic, from less severe to more extreme cases of post-traumatic stress syndrome
- A psychotherapist with more than 25 years' experience, Monique Lang has worked with a wide range of trauma survivors

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