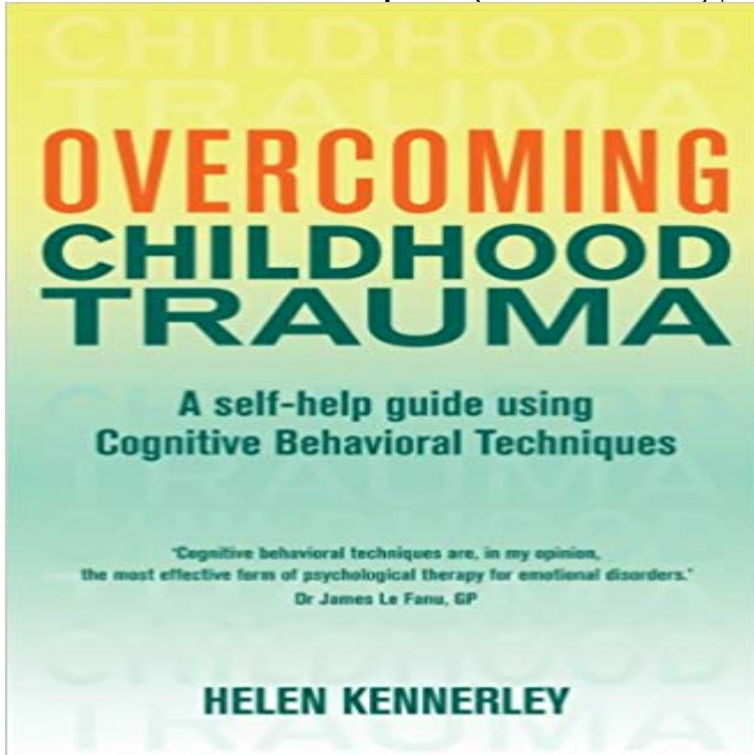


Overcoming Childhood Trauma: A Self-Help Guide Using Cognitive Behavioral Techniques (Overcoming Books)



This book will help the sufferer understand the links between past trauma and present difficulties and offers ways to gain control over these problems, allowing the individual to deal with intrusive memories, manage mood swings and build better relationships in adulthood.

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