



What is Post-Traumatic Growth? (Paperback)

By Miriam Akhtar

Watkins Media, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Post-traumatic stress disorder (PTSD) is estimated to affect around 1 in 3 people who go through a traumatic event. While awareness of the debilitating impact of trauma has grown in recent years, what is not so well known is that traumatic experiences can also be the catalyst for significant personal growth and transformation, proving that what doesn't kill you really can make you stronger. In this insightful book, positive psychologist Miriam Akhtar explores the new science of post-traumatic growth, answering the most frequently asked questions about the subject, including: # What is trauma and what is post-traumatic stress? # What is meant by the concept of post-traumatic growth? # How do you cope positively during and after trauma? # How can you strengthen your resilience to keep going? # How can you grow from adversity? The combination of the QA approach, real-life case studies and a range of practical resilience-building strategies guides you gently on the journey from adversity to growth, showing that it is possible to emerge from trauma's shadow with not only greater well-being but also a deeper sense of meaning and fulfilment in life.



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