

Recovery from Trauma, Addiction, or Both



Strategies for
Finding Your Best Self

Lisa M. Najavits, PhD

Author of the bestselling book *Seeking Safety*

Lisa Najavits

Recovery from Trauma, Addiction, or Both: Strategies for Finding Your Best Self



[continue reading](#)

Trauma and addiction are two of the very most common and difficult issues that people face--but it truly is possible to heal. *Established your very own goals and make an idea to attain them at your very own pace.been there," Every chapter features inspiring terms from individuals who have " plus cautiously designed reflection queries, exercises, and other useful tools. *Move toward your very best self--the person you intend to be. *Maintain yourself safe and find support. In this motivating book, leading expert Lisa Najavits clarifies the hyperlink between trauma and addiction and presents science-based self-help strategies which you can use irrespective of where you are in your recovery. *Choose compassion over self-blame and shame. Learn how you can: *Build coping skills so the future is better than the past. Mental health professionals, see also the writer's Seeking Protection: A Treatment Manual for PTSD and DRUG ABUSE, which presents an evidence-based treatment approach developed specifically for PTSD and drug abuse.



[continue reading](#)

A great resource, user friendly This is a great book. It's structured just like a conversation with a knowledgeable and compassionate friend.. On the Kindle version, that i have, the links quickly help you access whatever new path or tangent speaks for you. Dr. Najavits is also practical and nonjudgmental, that i appreciate. Recognizing that there surely is no "right" method to recover from trauma, addiction, or both, she offers a wide range of helpful methods, ideas, exercises, and tales every step of the way. This enables the reader to feel in charge of their choices while being fully supported along whatever path they might follow. This reserve is a much-needed resource--more like a trusted companion--and I recommend it highly. Nice to possess something beyond Looking for Safety We use this in Trauma education in a Dual Diagnosis Residential program. Great to possess something beyond Seeking Safety. Great that people can reproduce it for client use. This book strikes a perfect tone in modeling an effective method of trauma and addictions. I work as a Principal Therapist at a Recovery Facility in Florida. Great Resource! I'll probably be using this book forever. It really is written in a very compassionate manner, and it allows for the debate of the effect of trauma and addictions, in a manner that helps client's find wish, internal strength, and models an internally soothing dialogue. 5 stars!. I really like that it incorporates security! Each chapter gives important information, reflective queries, and voices of individuals recovering. Don't hurry through this reserve, savor it as you reclaim wellness, happiness, and well-becoming. I recommend it! R. Williams, co writer of The Mindfulness Workbook for Addiction and The Gift of Recovery. Five Stars Great book Inspiring An excellent book with lots of insight, I will use some of these things when I graduate with my Master's in a few months Five Stars Terrific tool to greatly help my clients with help working on their issues of trauma. Great Price! Well worth the price!! This book is becoming indispensable. Highly recommend it. Arrived Quickly. Addiction and Trauma Workbook to improve Support at home! Love the printability, the checklists, worksheets and function she gives! This reserve is a powerful tool to greatly help my client's work on their Trauma and Addictions. That is a handy guideline for at home especially after using "Seeking Basic safety' Make the secure choice. I highly recommend this reserve!! Trauma is what every dr or addiction place forgets about and it is just as important! This may be one of the best books you will see on healing from trauma and addiction. I love Lisa Najavits! I really like her ideas but still incorporate them into my lifestyle. Kind, honest, and healing.. You can read it direct through or jump in at any chapter and skip around since it suits your needs. Clear trim and simplisitc ways to progress in life despite addictions or trauma. Use it selectively Good materials Invaluable resource for healing This book is an invaluable resource for anybody seeking true healing. I also like she mentions Wise Recovery and problems some simple recovery assumptions. Reminds me to consider proper care of myself and healing from PTSD and addictions are possible. My trauma isn't gone but I am coping better! This is an excellent book for a woman looking for a few support individually, I really like that she mixes trauma and addiction.



[continue reading](#)

download Recovery from Trauma, Addiction, or Both: Strategies for Finding Your Best Self fb2

download free Recovery from Trauma, Addiction, or Both: Strategies for Finding Your Best Self
txt

[download free Help Your Teenager Beat an Eating Disorder, Second Edition epub](#)

[download free Straight Talk about Psychiatric Medications for Kids, Fourth Edition epub](#)

[download Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You
Think pdf](#)