

"[A] tour de force of sensitivity, insider knowledge, brevity, and clarity.
This goes on my 'Highly Recommended' list immediately!"

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Survivors of Trauma and How They Heal*

HEALING

from

TRAUMA

A SURVIVOR'S GUIDE

TO UNDERSTANDING YOUR SYMPTOMS
AND RECLAIMING YOUR LIFE

JASMIN LEE CORI, MS, LPC

FOREWORD BY ROBERT SCAER, MD

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